

HARVEST OF THE MONTH

Nectarines



The Juice on Nectarines

Super Fruit!

They contain vitamin C, which helps keep your body healthy and supports your immune system.

Hairless Peaches?

Nectarines and peaches are almost identical. The biggest difference is that nectarines have smooth skin, while peaches have fuzzy skin

Bumper Crops

A nectarine tree can produce hundreds of nectarines in a single growing season!

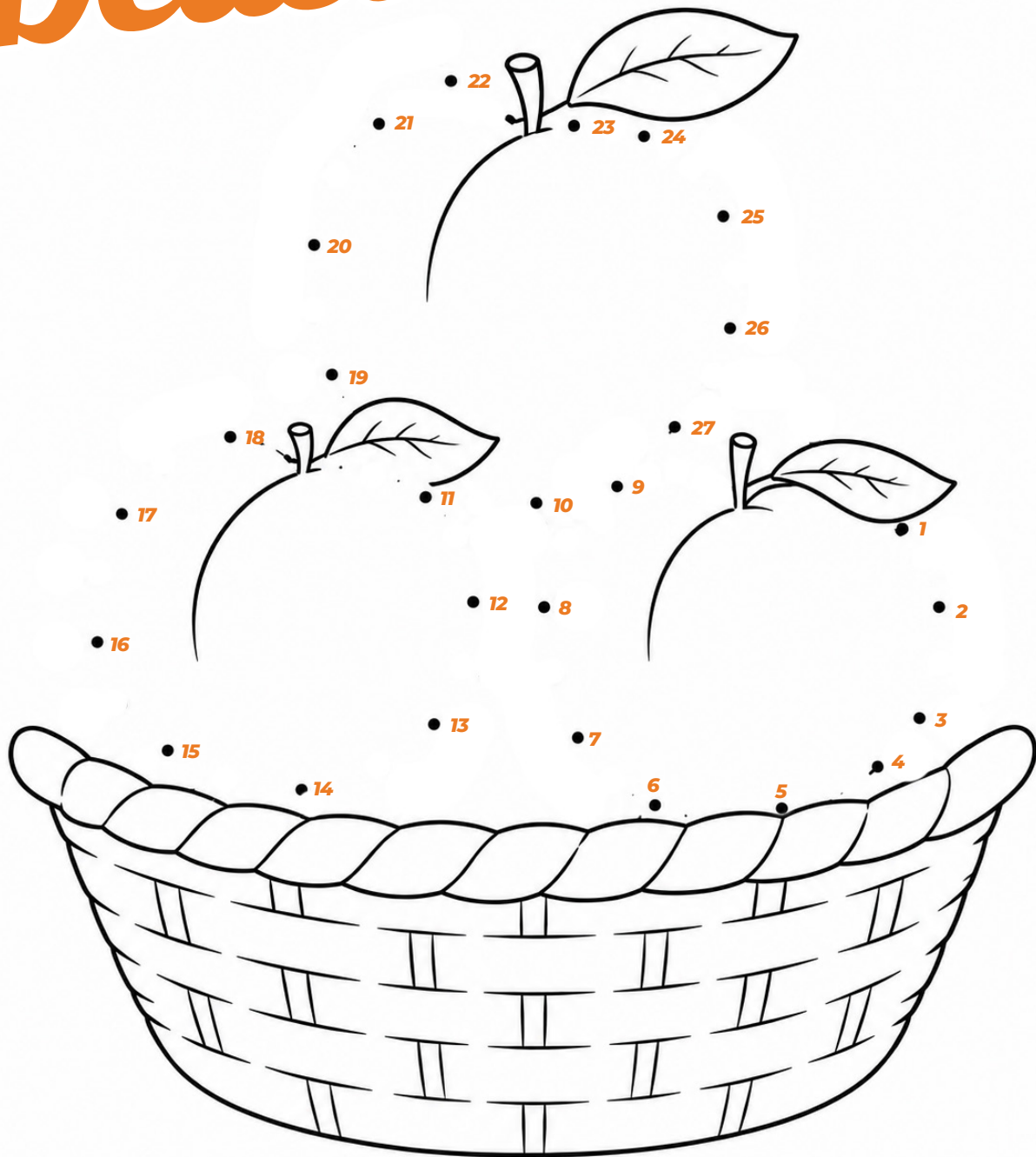
growing
forward



GOLD STAR FOODS

Dot-to-dot-to Delicious!

Connect the dots and see what appears in the basket! When you're done, you can have some extra fun coloring them in!



GOLD STAR FOODS

THE School Nutrition Supply Chain™

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