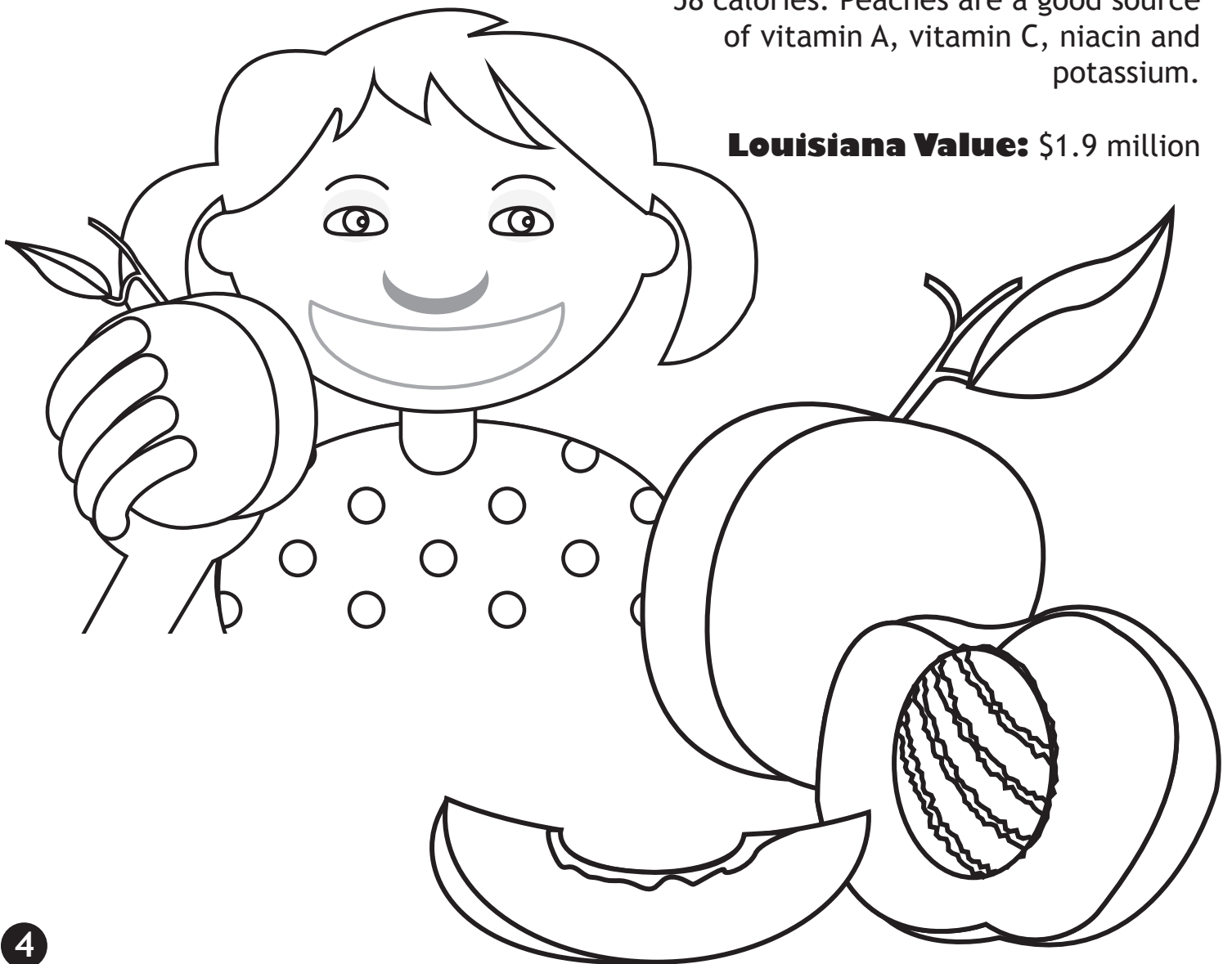


PEACHES

Spanish explorers brought peaches to the New World. Did you know Thomas Jefferson, the third U.S. president, grew peaches at his home, Monticello – or that farmers began growing peaches for commercial production during the 20th century? Peaches are grown in Louisiana from mid-May to early August. Peaches have a soft, fuzzy skin with yellow or white flesh.

Good for You: Enjoy Louisiana peaches for good health. Peaches are low in fat, saturated fat and calories, and they are sodium-free. One medium peach has 58 calories. Peaches are a good source of vitamin A, vitamin C, niacin and potassium.

Louisiana Value: \$1.9 million



Color the peach products!

