

HARVEST

{Of the Month}



PEACHES



Fast Facts

- ✓ Peaches are considered stone fruits because of the single large seed stored inside of the pit. What other fruits have “stones” as a pit? Share with us what you find on social media using the #MDKidsEatLocal!
- ✓ Spanish monks introduced peaches to North America in the 1500's.
- ✓ A large peach has fewer than 70 calories and contains 3 grams of fiber.

Availability

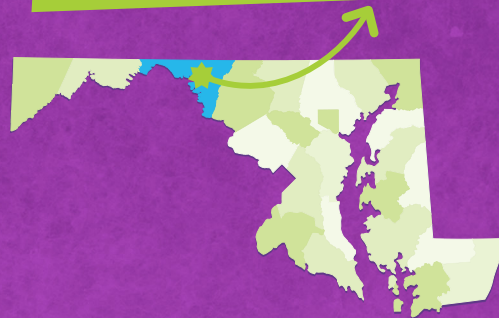
JULY - SEPTEMBER



Featured Farm

RINEHART ORCHARDS
WASHINGTON COUNTY

Rinehart Orchards is a premier grower of apples, peaches, and nectarines with over 400 acres in agricultural production. They operate a modern packing house with common cold storage for tree-ripened fruit that provides a fresh supply of apples and peaches throughout the year. The family farm has been in business for over 80 years. You may even see their produce in school lunches!



MARYLAND DEPARTMENT OF AGRICULTURE
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