

## Colorado Harvest of the month for August...

### PEACHES

Peaches are native to Northwestern China. From China the peach was introduced to the Persians and Romans, and eventually to Europe. George Minifie, an English horticulturist, brought peaches from England to his Virginia estate in the early 1600s.



In the 1800s commercial peach production began in Maryland, Delaware, Georgia and Virginia. Today peaches are harvested in California and Washington state as well as in South Carolina, Missouri and Georgia.

Hundreds of acres of locally grown peaches are harvested near Palisade, Colorado. Cultivation of peaches has been and is still an economic and social mainstay. Early records from the Museum of Western Colorado in Grand Junction indicate that "Peach Days" was a popular event in the area in the late 1800s and that the residents would elect a "Peach Queen" each year. Nowadays the area hosts a "Peach Festival" each year.

Peaches are full of Vitamin A, Vitamin C and Potassium. A medium size peach has about 38 calories and lots of fiber, which makes it a nutritious and delicious part of your meal or after school snack.

Choose peaches that have a slight give to the flesh – neither hard nor mushy. A peach that is green around the stem isn't ripe. If the skin is shriveled, the peach is too old. Find peaches that smell like you hope they will taste.

Whether you pick your peaches straight from the tree or from your grocer's fruit bin, you can't beat just biting into this sweet, juicy summertime favorite.

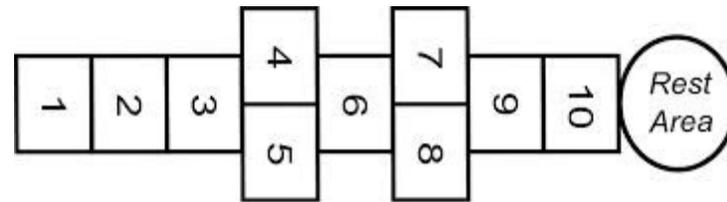
Source: <http://www.baderpeaches.com>, <http://palisadepeachfest.com/pf/>  
<http://www.fruitsandveggiesmatters.org/top-10-ways-to-enjoy-peaches>

## Physical Activity Topic for August...

### HOPSCOTCH

Have you ever seen those numbered squares drawn with chalk on a road or sidewalk and wondered what they meant? Hopscotch is a game that is played all over the world. Some kids just draw the squares in the dirt with a stick if they don't have chalk. Because so many different people play it, there are many different ways to play. Here is how to play one version of the game.

- Draw your course. It can look something like this:



- Then, find a stone you can use to toss onto the court.
- Everyone must now form a line. The person at the front of the line gets to go first.
- The first person lightly tosses the stone to land on one of the squares. Whichever square has the stone is the square you cannot step on.
- Now the first person hops with only 1 foot on each square from the beginning of the course (#1) to the end (#10).
- Each person in line follows the next person. If you step on the square with the stone you're out!
- The last person standing wins! If 1 stone is too easy, you can also toss 2 or 3 stones at the beginning for more of a challenge.



Source: <http://en.wikipedia.org/wiki/Hopscotch>