

**Sandusky City Schools
Dining Services & Mulvin's Farm
Farm to School Program
Fruit or Vegetable of the Month
June Fruit or Vegetable:**

Peach



Peach Nutritional Facts:

For complete nutrition facts about peach please click on this link:

<http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1990/2>

If you would like more detailed information about Peaches including:

Facts about Peaches

Recipes for Peaches

Please go to this link:

<http://www.vegparadise.com/highestperch6.html>

If you would like to know how to plant and grow Peaches

Please go to this link:

<http://www.gardenersnet.com/fruit/peachtrees.htm>

We hope you will join Sandusky Dining Services and Mulvin's Farm in promoting healthy eating in your household.