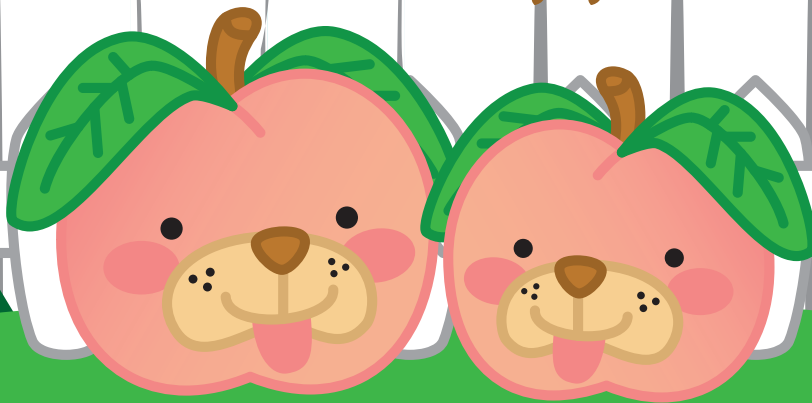


- 🍑 "The World's Largest Peach Cobbler" is made every year in Georgia. The cobbler measures 11 feet by 5 feet.
- 🍑 August 22 is National Eat a Peach Day
- 🍑 Georgia's nickname is The Peach State
- 🍑 You can buy two main varieties of peaches: clingstone and freestone. It is harder to remove the fruit from the pit on a clingstone peach.
- 🍑 The term, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.
- 🍑 Peaches are the third most popular fruit grown in America.

# Did You Know?

## Peach Puppies



### JOKE

Did you hear the joke about the peach?  
It was pit-iful.

#### RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups



**Metz**  
CULINARY MANAGEMENT



### Recipe

#### Peach Salsa

##### Ingredients

- 2 medium fresh peaches, peeled, seeded and diced (about 2 cups)
- 1 mango, diced (about 1 ½ cups)
- ½ cup diced red onion
- ½ cup diced red bell pepper
- 1 jalapeño pepper, seeded and minced (optional)
- ½ cup coarsely chopped fresh cilantro
- 2 tablespoons lime juice
- ¼ teaspoon salt

##### Directions

1. Combine peaches, mango, onion, bell pepper, jalapeño, cilantro, lime juice and salt in a medium bowl. Let stand for 10 minutes before serving.