

Peaches

1. The store sells the following peach items: fresh peaches, frozen peach slices, dried peaches, canned peaches, peach fruit leather, and peach-flavored iced tea. You want to buy a peach item that will provide you with the most nutrients to help fill up “your pyramid.” Complete the following steps to determine which peach item will provide you with the most nutrients for the least cost per serving.
 - a. Compare the Nutrition Facts labels for each item. (Nutrition information also available at www.nal.usda.gov/fnic/foodcomp/search/.)
 - b. What is the unit cost (per pound, can, or package) for each item? Determine the cost per serving for each item.
 - c. Make a chart showing each of the peach items, nutrient values, unit costs, and costs per serving.
 - d. Which peach serving costs the least? The most?
 - e. Which peach serving provides the most nutrients? The least?
 - f. Which peach item will provide you with the most nutrients for the least cost?
 - Students can use chart below to list costs. Online shopping sites for major grocery stores may be useful.
 - The nutrient chart shows that the fresh peach provides several important vitamins and minerals; fewer calories; and fewer carbohydrates from sugars.
 - Canned peaches (packed in 100% juice vs. heavy syrup) are also a healthy choice.

Peach item	Unit cost	Cost per serving
<i>Fresh peach</i>		
<i>Canned peaches</i>		
<i>Peach fruit leather</i>		
<i>Peach flavored ice tea</i>		

	Fresh peach	Canned peaches, packed in 100% juice	Peach leather	Peach ice tea
Serving Size	½ cup	½ cup	1 packets (21 g)	1 cup (8 oz.)
Calories	34	55	75	89
Total fat (g)	0	0	1	0
Carbohydrate (g)	17	29	17	22
Protein (g)	2	2	0.2	0
Vitamin C (mg)	11.6	9	11.8	0
Vitamin A (IU)	570	953	12.2	0
Vitamin B6 (mg)	0	0	0.1	0
Iron (mg)	0.4	0.7	0.2	0
Fiber (g)	2.6	3.3	0	0
Sodium (mg)	0	10	84.6	
Calcium (mg)	10.5	15	3.8	

2. Identify on a California map the top ten counties where clingstone peaches are grown. What geographic characteristics do these counties have in common? Hypothesize why these characteristics are ideal for cling peach production. Repeat for freestone peaches. Compare the lists. What are some geographical and climate differences between areas? What determines if a county's geography is better for growing cling peaches vs. freestones?

- Clingstone peaches (rank by county)*

1. Sutter	6. Fresno
2. Stanislaus	7. Tulare
3. Yuba	8. San Joaquin
4. Merced	9. Kings
5. Butte	10. Madera

- Freestone peaches (rank by county)*
 1. Fresno
 2. Tulare
 3. Merced
 4. San Joaquin
 5. Stanislaus
 6. Kings
 7. Madera
 8. Sutter
 9. Solano
 10. Riverside

*2004 Data

- These counties are all in the San Joaquin Valley, with the most clingstones being grown in the northern region (Sutter, Yuba) and freestones in the Central Valley (Fresno, Tulare, Merced).
- This area is known for its rich, sandy loam soil (ideal for growing peach trees) and warm temperatures with full sunlight.
- This region is away from the coast (wind) but has good air flow due to the surrounding mountains, and typically does not experience frost during the spring and summer months.

Sources:

www.cfaitc.org/commodity/pdf/clingpeaches.pdf

www.cdfa.ca.gov

2004 County Agricultural Commissioners' Data, www.nass.usda.gov/ca

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