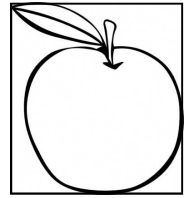


NECTARINES



In the garden:



<http://www.moonlightcompanies.com>



<http://www.elginnursery.com/products.php?pid=379&detail=true>

Ready to eat:



<http://producemadesimple.ca/nectarine/>



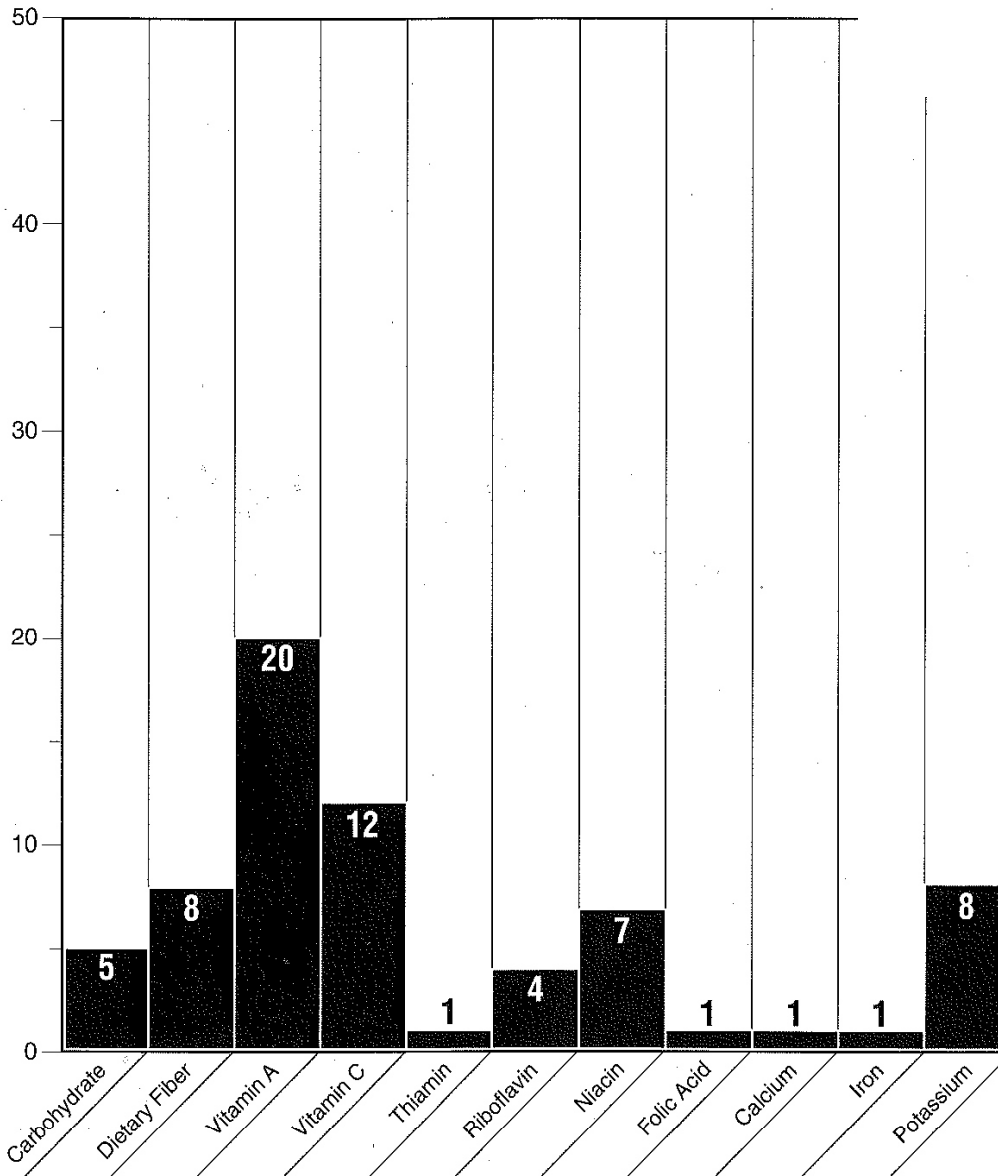
<https://bigsislittledish.com/2013/08/15/fresh-nectarine-tart-with-a-hazelnut-crust-and-rose-glaze/>

FUN FACTS:

- Nectarines take the name from the word "nectar" meaning food of the Gods.
- Nectarines and peaches have identical looking trees.
- Nectarine and almond trees are closely related.

Nectarine

% Daily Value



SERVING SIZE:

1 Medium Nectarine
135 Grams

75 Calories

8% from fat

7% from protein

85% from carbohydrate

1.3 Grams Protein

16 Grams Carbohydrate
2 grams dietary fiber

0.6 Gram Fat

117 Grams Water

0 Milligrams Sodium

From California Department of Education, 2007

Nectarines are high in Vitamin A to help your eyesight.

Ingredients:

- 2 nectarines
- 2/3 cups yogurt, lowfat vanilla
- 2 cups orange juice
- 6 paper cups

Directions:

1. Use a knife to remove the skin from the nectarines, and to chop them.
2. Spoon the nectarines into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the nectarines.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.

Nectarine Pops



Storage tips:

- Store unripe nectarines in a paper bag until ripe.
- Store at room temperature for use within 2-3 days.
- Nectarines should keep for a week if refrigerated.

Adapted from: <https://snaped.fns.usda.gov/snap/cookbooks/kidscookbook.pdf>

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USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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