

January Fruit - Nectarines!

Fun Facts

- Nectarines are named after 'nectar', fruit Greek gods were said to have eaten.
 - Nectarines are in the same family as roses.
- Nectarines can be grown in both warm and cool climates.
- Nectarines are a type of stone fruit like peaches, plums, and cherries.
 - Nectarines are packed with vitamins and minerals like Vitamin C and Calcium.
 - Nectarines are a good source of dietary fiber.



A Nectarine Orchard!

Nectarine Parfait!



Nectarine Parfait Recipe

- 4 cups Nectarines (ripe and sliced)
- 3 Sheets of Graham Crackers
- 1 Tbsp Margarine or Butter
- 1 ½ Cup of Low-Fat Vanilla Yogurt

1. Place graham crackers in a zip-top plastic bag or between two pieces of foil and crumble, using a rolling pin.
2. Melt margarine at half power in the microwave, about 20 seconds.
3. Add graham cracker crumbs to melted margarine and stir to mix. After thoroughly mixed, set aside.
4. Heat nectarines in microwave-safe bowl, about 1 minute. Check to be sure nectarines are not too hot before serving to children.
5. Layer warm nectarines and yogurt in mason jar, cup, or bowl.
6. Top peaches with graham cracker crumbs and serve.

Recipe adapted from University of Georgia Extension <https://ugaefnep.org/recipes/peach-crumble/>