



**Thought
Foodness**

**Featuring
Nectarines**



WEST VIRGINIA HARVEST™



Did You Know?

Nectarines

Where I grow best:

Nectarines grow best in warm, sunny places with well-drained soil. They need six to eight hours of sunshine daily and like temperatures between 65 and 85 degrees. While they don't like harsh winters, some varieties can grow in West Virginia. With enough sunlight, water, and a little winter chill, nectarine trees produce sweet, delicious fruit!

My Nutritional Superpowers include:

Nectarines have superpowers that help keep the body strong! They have vitamin C to fight germs, vitamin A for healthy eyes and skin, and fiber to help with digestion. Potassium keeps the heart and muscles strong, and since nectarines have lots of water, they help keep the body hydrated. Eating nectarines is a sweet and nutritious way to stay healthy!

I taste great in meals like:

Nectarine Yogurt Parfait, Nectarine Smoothie, and Frozen Nectarine Bites!

You can find Nectarines at Grocery Stores and Walmart in West Virginia!




**Thought
Foodness**

TM

WEST VIRGINIA HARVEST™

Recipe Spotlight

Frozen Nectarine Bites

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Dip nectarine slices in yogurt.
2. Place on a plate and freeze for 1 hour.
3. Enjoy a cool, sweet treat!

What you will need:

- 1 nectarine, sliced
- 1/2 cup yogurt
- 1 teaspoon honey (optional)



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.


Thought
Foodness

TM

WEST VIRGINIA HARVEST™



Harvest a
healthier
you!



Thought
Foodness

TM

WEST VIRGINIA HARVEST™

There's more to discover at
wvharvest.com/thoughtfoodness

