



STATE SYMBOL

Georgia is named the Peach State because of its significant peach production after the Civil War (1861-1865).



WARNING!

Ask an adult's permission before using a knife or blender.

Whip up a peach-berry dream smoothie

Ingredients

- 1 pound strawberries, stemmed
- 4 peaches, pitted
- 1 banana, peeled
- 1 cup plain Greek yogurt
- 1 cup crushed ice
- Peach and strawberry slices for garnish (optional)

Instructions

1. Wash and dry the strawberries and the peaches thoroughly.
2. Roughly chop up the strawberries, peaches, and banana.
3. Transfer fruit to a freezer-safe container and freeze for 2 to 3 hours or overnight. (This step is optional, but frozen fruit will give thicker results.)
4. Combine the strawberries, peaches, banana, Greek yogurt, and crushed ice in a blender. Puree until smooth.
5. Pour into glasses.
6. If you like, you can garnish the smoothies with fresh peach and strawberry slices. Makes about 3 to 4 smoothies.



LIFE HACK

SPOT POISON IVY AND OAK

Poison ivy and poison oak are plants that can cause a very itchy skin rash when touched. You may come across them in a backyard or while camping or hiking, and it's smart to learn to spot them so you can avoid them. Poison ivy is marked by three broad, tear-shaped leaves. It grows as a low shrub, a ground cover, or a hairy, rope-like vine up trees and walls. Meanwhile, poison oak has leaves that resemble oak leaves. It grows on a vine or shrub in groups of three or more leaflets. An easy warning to remember: "Leaves of three, let them be." If you accidentally make contact with either plant, wash your skin right away with cool water and soap. Then let an adult know what happened.

