

Sweet Peaches



Fun facts

The ancient Chinese considered the peach a symbol of long life and immortality. These "Persian apples" actually had their beginning in China, but were developed in Persia and went from there to Europe and then to America with the colonists. The nectarine and the peach are so similar that there is only one gene that separates the two to make them distinct. The nectarine has one recessive gene ... the one with the fuzz. **There are over 200 varieties of peaches. Cling or clingstone peaches have a pit to which the flesh 'clings'; freestone peaches have a pit from which the flesh is easily pulled away.**

The peach blossom is Delaware's official state flower. Johnston, South Carolina is known as the Peach Capital of the World.

Peaches

Nutrition Facts

Serving Size

2 medium peaches (174g)

Amount Per Serving

Calories 70

Calories from Fat 0

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 1g 3%

Protein 1g

Vitamin A 20%

Vitamin C 20%

Calcium 0%

Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Test your Peach I. Q.

The peach is the state fruit of?

- Georgia & South Carolina
- Alaska & Hawaii
- Banana Republic & Mexico
- Miami & Orlando

Peach flesh comes in which of the following colors?

- Yellow & White
- Yellow and orange
- Brown and purple
- All of the above



Peach Eating Ideas

Freeze a can of peaches in the freezer then open and blend in the blender for a great summer dessert sorbet.

Make a peach smoothie with yogurt and peaches in a blender for breakfast or a quick afternoon snack.