

MAY – Featured Fruit: PEACH



WASH. PIT. EAT.



(how easy is that?)



Hi! I'm [Peter Peach](#)¹ and I'm a member of a large "peachy" family.

Why in California alone there are over 150 different varieties of peaches. Most peaches are yellow in color, but some are white. They are all juicy, sweet and great to eat!

Are you ready to come along with me on a peach adventure? Let's have fun exploring all the cool stuff about peaches.

Facts

Peaches are a good source of vitamin C.

Ripen peaches in a brown paper bag for 2 to 3 days at home on the kitchen counter!

The United States provides about one-fourth (25%) of the world's total supply of fresh peaches.

The peach is a member of the rose family and will have a sweet fragrance when ripe.

Most peaches that are imported to the United States during winter months come from Chile.

Peaches are the third most popular fruit grown in America.

Peaches are available almost year-round.

History

Peaches have been grown since prehistoric times and were first cultivated in China. Peaches are considered a symbol of long life and immortality and are found in paintings, the decoration of porcelain, and poetry.

Peach seeds were carried all over the world. They grow best in warm temperate climates and were grown in Persia before being transported to Europe. Because the Romans thought that peaches came from Persia, they were given the botanical name *prunus persica*.

Source: ¹Dole 5 A Day. www.dole5aday.com

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In 1629, peach seeds were ordered by the Governor of Massachusetts Bay Colony. It is believed that Spaniards brought peaches to the United States, Central and South America. The Spanish missionaries planted the first peach trees in California.

In the early 1800's, peaches began to be grown commercially in the United States and have been thriving ever since.

Where Grown

Most peaches in the United States are grown in California, but they are also grown in other states such as South Carolina and Georgia. Pennsylvania, Washington, Michigan and New Jersey are also significant producers.

Most peaches that are imported to the United States during winter months come from Chile. Others come from Canada and Mexico.

Types

Most types of peaches are "freestone" or "clingstone," but some are "semi-freestone." The "stone" is the pit in the middle of the peach. The pit in a "freestone" peach separates easily from the fruit, while the pit in a "clingstone" peach is firmly attached to the fruit. Most fresh peaches available in your produce department are "freestone," so they are easy to eat. "Clingstone" peaches are often used to make canned peaches.

There are several different varieties of peaches. Two of the most popular varieties of freestone peaches are Elegant Lady and O-Henry. The fruit inside these peaches is yellow in color. Some peaches have white fruit inside, but most have yellow fruit. Next time you're at the supermarket, select fresh peaches to take home and eat!



Elegant Lady



O-Henry