



August is National Peach Month so enjoy a fresh peach and some fun facts!

- The peach originated in China and has special significance in Chinese culture: it has mystical attributes and supposedly brings luck, abundance and protection.
- The peach tree is considered to be the tree of life and peaches are symbols of immortality and unity which is why Chinese brides carry Peach blossoms on their wedding day.
- China is the largest world producer of peaches with Italy second.
- California produces more than 50% of the peaches in the United States growing over 175 different varieties.
- Nectarines are a variety of peach with a smooth skin. They are not a cross between a peach and a plum.

Peach Varieties

- Clingstone: where the flesh of the fruit clings to the stone. It is usually used for canning.
- Freestone: where the stone readily twists away from the fruit. It is usually sold in grocery stores.
- White peaches: white fruit and are usually sweeter and less acidic than yellow peaches.



Nutrition and Factoids:

- Low in Calorie: A medium peach contains only 37 calories
- Excellent source of Vitamin A, B and C.
- Don't eat the pit. It contains hydrocyanic acid which is a poisonous substance.
- Peach Juice: makes a wonderful moisturizer which why it is added to cosmetics
- You can ripen peaches by placing them in a brown paper bag for two to three days.
- Sliced, fresh peaches should be tossed in lemon or lime juice to prevent browning

