

Fun Facts about

PEACHES

- Peaches are high in fiber and contain potassium, antioxidants, vitamins A, B3, and C.
- Peaches are a member of the rose family and are closely related to almonds.
- There are over 700 varieties of peaches including Nectarines whose smooth skin are caused by a genetic mutation.
- Peaches originally came from China. Portuguese and Spanish explorers brought peaches to the Americas.
- Two main types: Freestone, where the flesh does not stick to the pit, and Clingstone, where the flesh sticks to the pit.

