



Harvest of the Month

Nectarines

Nutrition Information

- They're a good source of vitamin A, potassium, and vitamin C.
- Whole fruit beats juice for fiber. Keep nectarines whole or cut to retain fiber; juice has little or none.
- Tip for canned: choose fruit packed in 100% juice or water (not heavy syrup) to limit added sugars.

Selection and Storage

- Choose fruit that smells fragrant and has a slight give near the stem. Very firm fruit needs time to ripen at room temp.
- Ripen on the counter (a paper bag can speed this up). Refrigerate once ripe to slow softening.
- General home guideline: "until ripe, then up to ~7 days refrigerated." Check fruit daily for softness/quality.

Fun Facts

- Nectarines are just peaches without the fuzz. They're the same species, although nectarines are the smooth-skinned form.
- They're "stone fruits." That means they have a pit (stone) inside, like peaches, plums, cherries, and apricots.
- USDA grades nectarines. For "U.S. Fancy," each fruit needs at least one-third of its surface showing red color typical for its variety.



Recipes*

- [Fruit Salsa](#) - ICN Recipe Box *
- [Seasonal Fruit and Yogurt Parfaits](#) - ICN Recipe Box *
- [Peach Pork Tacos](#) - ICN Recipe Box *

*(replace peaches with nectarines)

*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many USDA-standardized recipes written specifically for nectarines, they're commonly used as fresh slices/cups, in parfaits/smoothies, fruit salsas, or simple baked/compote sides. If you create or modify a nectarine recipe, confirm the crediting and nutrition by checking yields in the Food Buying Guide and running the recipe through USDA's Recipe Analysis Workbook (RAW). You can also start from a standardized fruit recipe in the ICN Child Nutrition Recipe Box (for example, Fruit Salsa) and substitute nectarines for peaches, then re-analyze using [USDA's Recipe Analysis Workbook \(RAW\)](#).



Educational Resources

- [Nectarine Handout](#) - SNAP-Ed. Washington State University Extension.
- [Let's Preserve: Peaches, Apricots, Nectarines](#) - Penn State Extension.
- [Nectarine Recipes](#) - from Washington State Fruit Commission

Sourcing

- Use the [Washington Food and Farm Finder](#) to find nectarines and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If nectarines aren't available in your area: Substitute other locally grown fruits in season, such as peaches, plums/pluots, or pears.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).