

# PEACHES



Peaches are a member of the rose family and have a sweet fragrance when ripe. Peaches are been grown since prehistoric times and were first cultivated in China. Peaches are considered a symbol of long life and immortality. Peach seeds were carried all over the world and it is believed that Spaniards brought peaches to the United States, Central, and South America. The Spanish missionaries planted the first peach tree in California. Today most peaches in the United States are grown in California, but they are also grown in other states such as South Carolina and Georgia.

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 are “freestone,” so they are easy to eat. “Clingstone” peaches are often used to make canned peaches.

## Peach Facts

- Peaches are a good source of Vitamin C.
- To ripen peaches place them into a brown paper bag for 2-3 days.
- The United States provides about 25% of the world’s total supply of fresh peaches.
  - Peaches are the thirds most popular fruit grown in America.
- Most peaches that are imported to the United States during winter months come from Chile.