NECTARINES

A peach and a nectarine are very similar. Genetically, there is not much difference between the two. The main difference is that a peach has fuzz on its skin while a nectarine does not. Nectarines also tend to be smaller and more aromatic than peaches and have more red color on the fruit surface.

The nectarine is one of the oldest fruits, believed to be native to China. Like the peach, the Spanish are believed to have introduced the nectarine to America. There are over 150 varieties of nectarines, differing only slightly in size, shape, taste, texture and color. Today California grows over 95% of the nectarines produced in the United States.

Nectarines provide twice the vitamin A, slightly more vitamin C, and much more potassium than peaches.