

Did you know?
Peaches are stone fruit! Along with plums and cherries.

Overview

- Peaches grow on trees and their fuzzy skin protects them from pests and the environment.
- Peaches are either freestone or clingstone.
 A freestone peach has a pit that separates
 easily from the fruit and is usually eaten
 raw. The clingstone peach has a pit that is
 attached to the fruit and are used to make
 canned peaches.

Production

Peaches are commercially produced in 20 states. The U.S. grows from 100-200 different cultivars of peaches.

Peach

Family: Rosaceae

Species: P. persica

Genus: Prunus

Kingdom: Plantae

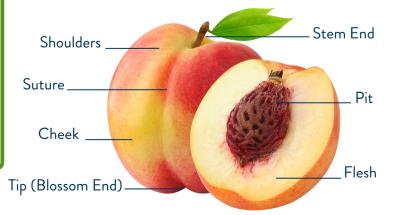
By 2020 the United States had 74,400 bearing acres of peach trees.

Nutritional Information 1 medium peach (147g)

Total Fat 0.5 g
Cholesterol 0 mg
Sodium 0 mg
Potassium 310 mg
Total Carbohydrate 15 g
Dietary Fiber 2 g
Sugar 13 g
Protein 1 g

Vitamin A 6%
Vitamin C 15%
2% or more daily value of vitamins E and K, niacin, folate, iron, choline, potassium, magnesium, phosphorus, manganese, zinc and copper.

Peach Anatomy



Sources: njaes.rutgers.edu, dpi.wi.gov, agmrc.org, wastatefruit.com

