



# Yellow Nectarine

## ***Nutrition:***

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- **Nectarines are around 62 calories each and are an excellent source of vitamin A, vitamin C, Potassium, and fiber.**
- **Potassium is crucial to heart function and plays a key role in smooth muscle contraction.**

## ***Did you know?***

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- **Nectarines are at their peak in July and August.**
- **Nectarines are nearly identical to peaches in both their genetic makeup and nutritional profile.**
- **Peaches are covered with fuzz, while nectarines have thin, smooth skin.**
- **Nectarines belong to the same genus (prunas) which also includes peaches, nectarines, and almonds.**

## ***More:***

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- **When shopping chooses those that have a good aroma, free of bruises, blemishes, and wrinkles. The skin should be creamy yellow.**

### **Be a Student Detective:**

*Use the picture to the right to find out how nectarines grow. Do they grow underground or aboveground? Do they grow on a bush, plant, or tree?*

*Answer: Aboveground on a tree*

