



Peach



A delicious, sweet taste of Summer!!

The peach is a member of the rose family. It was first cultivated in China and revered as a symbol of longevity. The image was placed on pottery and received as a gift of great value. Travelers along caravan routes carried the peach seed to Persia before it was cultivated in Europe. In the early 1600's Spanish explorers brought it to the New World and by the 1700's missionaries had established peaches in California.



Peach blossoms are highly prized in Chinese culture. The ancient Chinese believed the peach to possess more vitality than any other tree because their blossoms appear before leaves sprout.

Fun Facts

- The peach's scientific name, *Prunus persica*, is a direct reference to the fruit's travels to Persia along the Silk Road.
- You can buy two main varieties of peaches: clingstone (the peach flesh sticks to the pit, or stone) and freestone (the stone is easily separated from the flesh).
- The peach can have yellow or white flesh, which is sweeter and less acidic than its more traditional golden counterpart.
- A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.
- The peach is the state fruit of Georgia and South Carolina. The peach blossom is the state flower of Delaware.
- Johnston, South Carolina, is known as the Peach Capital of the World.

