

# OREGON PEACHES

The United States grows approximately 25% of the world's peach supply.

Peaches originated in western China approximately 4,000 years ago.



## NUTRIENTS FOUND IN PEACHES

- ~ Peaches are a good source of vitamin C, which helps maintain a healthy immune system.
- ~ Peaches contain dietary fiber, which helps regulate digestion.

Like the plum and the apricot, the peach is a member of the rose family. It is classified as a drupe, or a fruit with a hard stone in the center.



In Oregon, fresh peaches are in season from late July until September, but frozen or canned peaches are available year round.



There are over 700 varieties of peaches-- some are even flat like hockey pucks!



Peaches are related to almonds!

