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!

This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people withlowincome. SNAP can helpyou buy nutritious foods for a better diet. To find out more, contact Oregon SafeNetat 211. USDA is an equal opportunity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation orveteransstatus. Oregon State University Extension Service is an Equal Opportunity Employer.



Peaches are related to almonds!

