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

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

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

Peaches are related to almonds!

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.

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

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