

freshpick review

One PEACH Of A Fruit

Peaches are the third most popular fruit grown in America. They are actually a member of the rose family and are related to nectarines, cherries, plums and loquats. The flesh of a peach can vary from white, to yellow, to light red! While there are hundreds of different varieties of peaches sold commercially, there are only two categories of peaches, that being clingstones and freestones. The clingstone peach has a firm flesh that clings to the pit and must be separated with the use of a knife, while the freestone peach has a juicy, much softer flesh that can be easily separated from the pit by human hands.



The *Fresh Pick Review* is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured **Fresh Pick** item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our *Fresh Pick Review* even better, please email your suggestions or comments to freshpick@ideaworksfoodmarketing.com.

California is the number one provider of peaches in the United States, even though Georgia is known as the "Peach State." California sells over 200 different varieties of peaches commercially, while Georgia sells around 40. Peaches typically have a shelf life of up to 14 to 21 days. When choosing a peach, choose one that has a strong aroma and gives away with soft pressure. You want to avoid the ones with dark spots or those that feel mushy to the touch. A great trick to get the skin off of a peach is to place it in boiling water for 10 seconds and then plunging it immediately into ice water to cool. The skin will instantly slip right off.

Nutrition NOTES

Peaches are a delicious fruit that has the ability to nutritionally cure anybody's sweet tooth. They are sweet to the taste due to the natural sugar they contain known as sucrose. Peaches are a great source of Vitamin C, delivering 10% of your recommended daily intake, along with other vitamins and minerals like potassium. Peaches, especially the yellow-fleshed ones, contain a decent amount of beta-carotene, which the body then converts into Vitamin A. In addition to all that, peaches are also a great source of fiber, can help keep blood sugar and cholesterol levels low and contain very few calories due to their high water content.

Did You KNOW?

- Peaches were considered a symbol of immortality and friendship and are found in many Chinese paintings, on porcelain and in poetry dating as far back as 551 B.C!
- Peaches do not gain any flavor with cooking.
- The peach is the state flower of Delaware, the state fruit of South Carolina, and Georgia is nicknamed "The Peach State."
- Peach juice is an excellent moisturizer and peach kernel oil, like its close relatives almond oil and apricot kernel oil, is widely used in cosmetics.



Nutrition • Achievement • Environment • Community • Activity



Making every day a better day





Let's Get Cooking

CREAMY PEACHE SMOOTHIE (SERVES 1)

INGREDIENTS:

- 3 ounces frozen peaches, diced
- 1/2 ounce frozen mango chunks
- 6 ounces vanilla yogurt
- 4 fluid ounces 100% orange juice

NUTRITION FACTS:
177 calories, 1g fat,
68mg sodium, 1g fiber

DIRECTIONS:

1. Keep fruit frozen until just ready to blend.
2. In blender combine frozen fruits, yogurt and orange juice.
3. Puree until smooth and thickened. Pour into glass and serve immediately.

For The RECORD



HEAVIEST PEACH

WHO Paul Friday
WHERE United States
WHEN August 23, 2002
DETAILS The world's heaviest peach weighed 725 g (25.6 oz) on August 23, 2002 and was grown by Paul Friday of Coloma, Michigan. The peach is a Flamin' Fury variety.



It's All HISTORY

Although peaches are rumored to be native to Persia, they actually originated in China. Peaches were mentioned in Chinese writings as far back as the Tenth Century B.C. and were favored by the emperors, which leads us to believe that China was actually the first cultivators. The Persians did play a role in the expansion of the peach industry by introducing them to the Romans, who originally gave them the name "Persian Apples." The peach was brought to America by Spanish explorers in the sixteenth century. Various American-Indian tribes were credited for bringing the peach tree across the United States, taking the seeds of the peach along with them and planting them across the country. U.S. farmers did not begin commercially producing the peach until the nineteenth century. Today, peaches are the third largest commercial fruit crop being sold in the United States, with California being the leader in their production. True wild peaches can only be found in China and unlike the cultivated fruit, the wild fruit is small, sour and very fuzzy.

By The NUMBERS

2

The number of categories of **PEACHES** - clingstones and freestones.

4

The number of ways cling peaches are processed - sliced, halved, diced or added to **fruit cocktail** and **mixed fruit**.

freshpick
for better health
by **sodexo**

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