



## Geography/History

All **Peaches** are native to China, where the only wild peaches still grow today. Documentation of the first cultivated peach was recorded in Chinese manuscripts as early as the 10th Century BC. Peaches were then brought via the Silk Road to the Fertile Crescent, which is now modern day Iran. Global trade has brought peach tree cultivation into both the Northern and Southern hemispheres which experience opposite summers and winters allowing for year round availability. Regions and seasons do determine peach production. Peach trees require wet winters and hot dry summers and will not flourish in Oceanic climates.

See the table below for in depth analysis of nutrients:  
Peaches (*Prunus persica*), Fresh, Nutritive value per 100 g.

Principle	Nutrient Value	Percentage of RDA
Energy	39 Kcal	2%
Carbohydrates	9.54 g	7%
Protein	0.91 g	1.5%
Total Fat	0.25 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	1.5 g	4%
<b>Vitamins</b>		
Folates	4 µg	1%
Niacin	0.806 mg	5%
Pantothenic acid	0.153 mg	3%
Pyridoxine	0.025 mg	2%
Riboflavin	0.031 mg	2.5%
Thiamin	0.024 mg	2%
Vitamin A	326 IU	11%
Vitamin C	6.6 mg	11%
Vitamin E	0.73 mg	5%
Vitamin K	2.6 µg	2%
<b>Electrolytes</b>		
Sodium	0 mg	0%
Potassium	190 mg	4%
<b>Minerals</b>		
Calcium	6 mg	0.6%
Copper	0.068 mg	7.5%
Iron	0.25 mg	3%
Magnesium	9 mg	2%
Manganese	0.61 mg	3%
Phosphorus	11 mg	2%
Zinc	0.17 mg	1.5%
<b>Phyto-nutrients</b>		
Carotene-β	162 µg	--
Crypto-xanthin-β	67 µg	--
Lutein-zeaxanthin	91 µg	--

## Description/Taste

Yellow **Peaches** are the quintessential peach. They are distinguished by their fuzzy thin skin with hues of red, pink and gold blushing throughout. The flesh is aromatic, juicy when ripe, and golden colored with red bleeds at the skin and surrounding the central rough surfaced rust colored pit. They are often identified as a traditional "true" peach, meaning the fruit exudes a classic peach flavor, balancing sugar and acid for a well-rounded flavor.

