

AgBite

A series of commodity insights

Did you know?

Peaches are stone fruit! Along with plums and cherries.

Overview

- Peaches grow on trees and their fuzzy skin protects them from pests and the environment.
- Peaches are either freestone or clingstone. A freestone peach has a pit that separates easily from the fruit and is usually eaten raw. The clingstone peach has a pit that is attached to the fruit and are used to make canned peaches.

Production

Peaches are commercially produced in 20 states.

The U.S. grows from 100-200 different cultivars of peaches.

By 2020 the United States had 74,400 bearing acres of peach trees.

Peach

Family: Rosaceae

Species: *P. persica*

Genus: *Prunus*

Kingdom: Plantae



Nutritional Information 1 medium peach (147g)

Total Fat 0.5 g
 Cholesterol 0 mg
 Sodium 0 mg
 Potassium 310 mg
 Total Carbohydrate 15 g
 Dietary Fiber 2 g
 Sugar 13 g
 Protein 1 g

Vitamin A 6%
 Vitamin C 15%
 2% or more daily value of vitamins E and K, niacin, folate, iron, choline, potassium, magnesium, phosphorus, manganese, zinc and copper.

Peach Anatomy



Sources: njaes.rutgers.edu, dpi.wi.gov, agmrc.org, wastatefruit.com