



Peaches



Peaches are stone fruits known for their fuzzy skin, sweet taste, and juicy flesh. Peaches are categorized as either clingstone or freestone based on how easily the flesh clings to the pit. Varieties also differ in terms of skin color, flesh color (yellow, white, or red), and flavor.

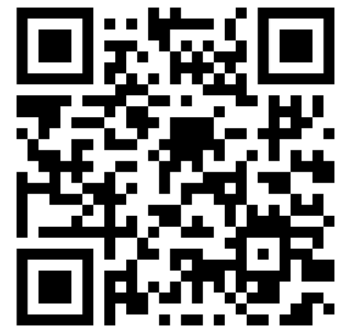
Peaches are grown in temperate regions and require well-drained soil, plenty of sunlight, protection from frost and strong winds, and cold temperatures during the winter for proper flowering and fruit set. California, South Carolina, and Georgia are the top peach-producing states. Peach trees are usually cultivated from dormant scion wood grafted onto rootstocks.

Most peach varieties are self-pollinating. Bees and other pollinators may visit peach blossoms, aiding in pollination. After pollination, the flowers develop into peaches and take several months to mature. To promote larger, higher-quality fruit and prevent branches from breaking due to excessive fruit weight, growers may thin the fruit on the trees.

Peaches are harvested when they reach optimal ripeness in the summer months. Peaches do not ripen well off the tree. They are typically hand-picked using picking poles to avoid bruising and damage to the fruit or mechanical harvesters are used. After harvesting, peaches are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to maintain freshness and prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

Peaches are eaten fresh, cooked, or preserved, added to salads, cereal, yogurt, or oatmeal, used in desserts like pies, cobblers, crisps, and tarts, and made into jams, preserves, salsas, and sauces.

Low in calories and fat, peaches are a good source of vitamin A, vitamin C, potassium, dietary fiber, and antioxidants. Consuming peaches may improve digestion, heart health, and immune function. The high fiber content in peaches supports digestive health and the antioxidants and vitamins contribute to overall well-being.



[https://youtu.be/pao-vlzJWJQ?
si=R63kBWjxQcyNEQnw](https://youtu.be/pao-vlzJWJQ?si=R63kBWjxQcyNEQnw)