



Peaches

In the World

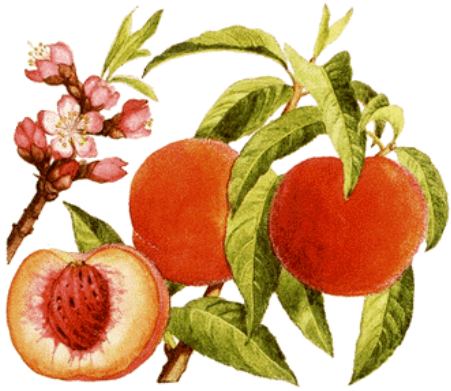
The peach originated in China and has been cultivated at least since 1000 B.C.E.

In Chinese culture, the peach tree is considered to be the tree of life. Peaches are symbols of immortality and unity.

Peach blossoms are carried by Chinese brides.

True, wild peaches are only found in China. Unlike the cultivated fruit, the wild fruit is small, sour, and very fuzzy.

Worldwide, China is the largest producer of peaches with Italy in second.



Peaches

In the US

In the United States, California produces more than 50% of the nation's peaches and grows 175 varieties.

Peaches are the third most popular fruit in America.



Peaches

In Georgia

Georgia's nickname is "The Peach State."

The "World's Largest Peach Cobbler" is made every year in Georgia. It measures 11 feet by 5 feet.

Trivia: What is the area of the "World's Largest Peach Cobbler?"



Peaches

Facts

The peach is a member of the Rose Family like the plum and the apricot. It is distinguished by its velvety skin.

There are over 700 varieties of peaches – some are even flat like a hockey puck.

Nectarines are a variety of peach with smooth skin.



Peaches

Nutrition

Peaches are a good source of...

Vitamin A – helps improve your eye sight

Vitamin B – helps make energy and set it free when your body needs it

Vitamin C – important for keeping body tissues in good shape and help your body resist infection



Peaches

History

- 4000 BC – First written account of people eating peaches in China.
- 500 BC – Peaches reach the Persian Empire and India through the Silk Road trading route.
- 100 BC – People are eating peaches in the Roman Empire and as far as North Africa, Spain, and England.
- 800 AD – Indonesian Muslim traders bring peaches to East Africa.
- 1500 AD – Portuguese soldiers bring peaches to South America.
- 1600 AD – Spanish explorers bring peaches to America.



Peaches

Literature
and Culture

The term “You’re a real peach” originated from the tradition of giving a peach to a friend you liked.

Many stories have been written about peaches including...

James and the Giant Peach by Roald Dahl

“Momotaro, the Peach Boy” (a Japanese Fairy Tale)



Peaches

Other Uses

The juice from a peach makes a wonderful moisturizer and can be found in many cosmetics.