



## NECTARINE

Nectarines come from a natural process of mutation from a peach. They are actually a fuzz free peach. They do have all of the same characteristics except for the fuzz. Because of the lack of fuzz nectarines generally have brighter colors than a peach. They come in two colors of flesh which are yellow and white. They are a part of the 'stone fruit' family along with peaches, plums, cherries and apricots.

Nectarines have high levels of calcium and vitamin C. The first nectarine was believed to have been found growing on a peach tree in the 15<sup>th</sup> century in the European region. They are a very popular summertime fruit in Utah and are grown primarily in western states. They are imported from South America during the winter months.

