How can you tell a nectarine from a peach? Look for the fuzz! A nectarine will not have it, but a peach will. Nectarines belong to the same species as peaches.

Nectarines likely originated in China over 2,000 years ago. They were grown in ancient Persia, Greece, and Rome. The Spanish introduced nectarines to the United States.

California produces 95% of the nectarines grown in the United States. They are available from late April through late August.

Nectarines from Chile are available in the United States from December through March.

Nectarines are an excellent source of vitamins A and C.