



- ◆ 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.



NECTARINES