

NECTARINES

Nectarines most likely originated in China more than 2,000 years ago and were cultivated in ancient Persia, Greece and Rome. They were grown in Great Britain in the late 16th or early 17th centuries, and were introduced to America by the Spanish. Today, California grows over 95% of the nectarines produced in the United States.

The fruit we call nectarines is virtually identical to the fruit we call peaches, except for one noticeable feature. The skin of most peaches contains fuzz, while the skin of nectarines is smooth. Both grow from the same parent peach trees. Essentially, there are no nectarine trees, only peach trees with a genetic mutation. Nectarines have red, yellow, or white flesh.

California nectarines are available from late April and to late August. Almost all of the nectarines available are in California. Chilean nectarines are available from late December through early March.

This fruit provides an excellent amount of vitamin A, a significant amount of vitamin C and is low in calories with no sodium or cholesterol.

<http://www.webmd.com/food-recipes/fruit-month-nectarines?page=2>



<http://www.wisegeek.com/what-are-nectarines.htm>