

Yellow Peach



Nutrition:

Peaches are a good source of antioxidants. Antioxidants may help promote health by neutralizing unstable molecules in the body known as free radicals which can damage healthy cells.

Did you know?

There are two different colors of peaches yellow/golden and white/silver.

Yellow peaches are considered clingstone where the fruit attaches to the stone even when ripe whereas white peaches are freestone where the flesh of the fruit separates from the stone when ripe.

Yellow peaches are considered the true peach due to its balance in sugar and acidity.

More:

How to pick a ripe peach it should smell peachy, velvety to the touch and the skin can be pressed in lightly.

White peaches are more for cooking where yellow peaches are great to eat right off the tree.

For storage store unripe peaches; unwashed in the refrigerator or if ripe slice and lay flat on a sheet pan in the freezer stir after 30 minutes freeze for 1 hour and then put into a freezer bag.