Nectarine

What am I?

Nectarines are a sweet fruit, similar to peaches, except they grow without fuzz on their skin. It contains a pit in the center and should be somewhat soft to the touch. The flesh of a nectarine can vary in color from yellow to white.

How do I grow?

- Nectarines grow in trees with access to plenty of sunshine.
- Since nectarines do not have a fuzzy skin, they grow a thicker skin to help protect them against pests and the environment.

Nutrition Facts

These fruits contain vitamin C, potassium, iron, fluoride and fiber.

Fun Facts

- Nectarines, like peaches, plums and cherries, are a stone fruit.
- Over 95% of the nectarines grown in the US are from California.
- Nectarines are identical to peaches except for one gene and this gene difference makes nectarine skin smooth and peach skin fuzzy.

WISCONSIN DEPARTMENT OF
Public Instruction
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