# Peach

## What am I?

Peaches are round fruit with a skin color that is yellow or cream with some red on it. The outer skin is slightly fuzzy and the sweet, soft flesh inside is usually yellow but depending on the variety may be white. A pit in the center needs to be removed prior to eating.

## How do I grow?

- Peaches grow on trees and their fuzzy skin protects them from pests and the environment.
- They need plenty of sunshine to grow.

## Nutrition Facts

Peaches contain vitamin A, C, potassium and fiber.

## Fun Facts

- Peaches, like nectarines, plums and cherries are stone fruit.
- Peaches can be classified as either freestone or clingstone. A freestone peach has a pit that separates easily from the fruit and is usually eaten raw. The clingstone peach has a pit that is attached to the fruit and are used to make canned peaches.

WISCONSIN DEPARTMENT OF
Public Instruction
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