White Peaches

HMC

Flavor Profile

Peach . Nectarine . Black Plum . Red Plum . Yellow Plum . Starless Ruby . Pluot . White Peach . White Nectarine

White peaches do have similarities to their yellow fleshed friend. They have a bit of fuzz and a crisp skin, but their differences far outweigh their similarities. The skin color tends to be more red with a white undercolor, giving the fruit a pinkish tint. The center is sweet and lacking the tartness of a yellow peach.

Taste Scale

Less Sweet — More Sweet

Less Tart — More Tart

Health Tips

After a workout, give your body the fuel it needs to replenish your glycogen stores with a carbohydrate-containing food like white peaches

Did You Know?

White Peaches on the same tree can ripen at different times, because of this, one tree can be picked up to 10 times