

FIVE FACTS ABOUT

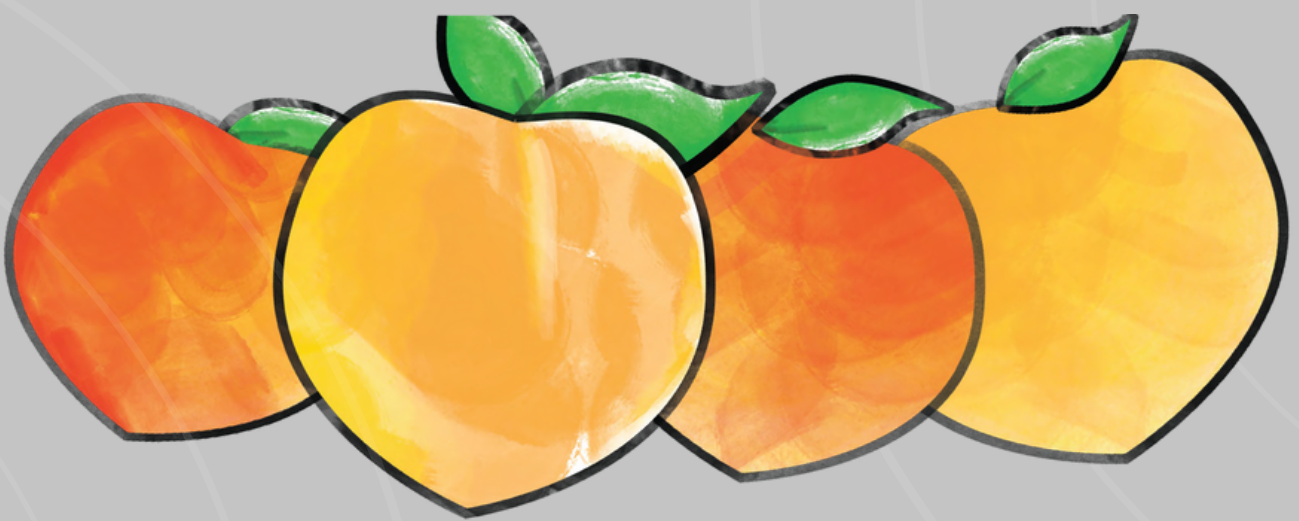
PEACHES

California

is the real

PEACH STATE

In 2017, California produced more than 78% of the total peaches in the U.S.^[1]



FULL OF NUTRIENTS

Peaches contain vitamin C, vitamin A, and phenolic compounds.^[2] They have no sodium, cholesterol, or saturated fat.^[3]

SELF-POLLINATING

Peach blossoms are self-pollinating, which means the tree is pollinated by its own blossoms. Therefore, pollinators like bees are not necessary to grow peaches.

VARIETY

HMC Farms grows about 30 different varieties of peaches. Each tree is picked several times over the course of 1-3 weeks.

RELATED TO ALMONDS

...and roses! Peaches are from the Rosaceae family, which includes roses, almonds, and multiple types of edible fruit.^[4]



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[1] <https://www.agmrc.org/commodities-products/fruits/peaches>

[2] <https://doi.org/10.1002/jsfa.885>

[3] <https://www.agmrc.org/commodities-products/fruits/peaches>

[4] <http://www.theplantlist.org/1.1/browse/A/Rosaceae/>