

# HARVEST OF THE MONTH

# Peaches

Alabama is number 17 in the nation in peach production. Chilton County is “the Peach Capitol of Alabama,” also known as “Peach Country.” Peaches are not native to Alabama, but the first peach trees ever planted in Alabama were recorded in 1850.

When you’re pickin’ peaches, be sure to pick the golden ones without any traces of a green color near the stem. Also, inspect the skin. Does it have bruises? Is it soft and mushy? Yummy peaches have a soft covering of white fuzz and are streaked with both pink and yellow colors, but most importantly, they smell sweet.



Nutrition Facts	
Serving Size 1 large 2-3/4" dia 175g (175 ) Tj (g) Servings per container 1	
Amount Per Serving	
Calories 68	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Sugars 15g	
Protein 2g	
Vitamin A 11%	Vitamin C 19%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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## Did you know?

There are two main varieties of peaches: clingstone and freestone. In clingstone peaches, the flesh of the peach sticks to the pit, while it’s easily separated in freestone varieties.

