



Peaches

Interesting Facts

The peach is the most widely grown of the stone fruits. It is native to China and was introduced to Europe 2000 years ago. Spanish explorers brought peaches to North America in the 1500s.

What are peaches?

Peaches are a round, juicy, stone fruit with a fuzzy cream or yellow skin flushed with red. A stone fruit has a single seed, called a pit, enclosed in a protective layer. The edible flesh is the pulp that protects and nurtures the young seed. One of the most popular types of peaches is the freestone peach, so named since the flesh easily separates from the pit. The most widely-grown variety in BC is redhaven.

Where are peaches produced in BC?

Peaches are grown in the southern areas of the Okanagan, Similkameen and Kootenay Valley. Peach trees are susceptible to winter damage.

How many peaches do we produce?

BC produces 5.2 million kilograms of peaches, about 18% of the Canadian production. Ninety per cent of the peaches grown are sold as fresh peaches; 10% are sold for processing. There are about 600 peach growers in BC.

How are peaches produced?

Peaches are grown on trees that stand 3 to 5m tall. These trees will begin to bear fruit at 2 to 3 years old and will live only 10 to 20 years. Peaches are different from other tree fruits in that most of the fruit is grown on one-year-old wood as opposed to long lived spurs. Consequently, peaches need heavy

pruning every year to produce good crops. Each growing season, the orchardist must prune, fertilize; control weed growth; insects and disease; water and replant trees to ensure the orchard is always healthy. Peaches to be eaten fresh are harvested by hand. Semi-freestones are picked from mid-July to mid-August. Freestones are picked from August to early September. Most growers try to grow and harvest peaches with a minimum of hired labour. Care must be taken to prevent bruising and marking.

How are peaches used?

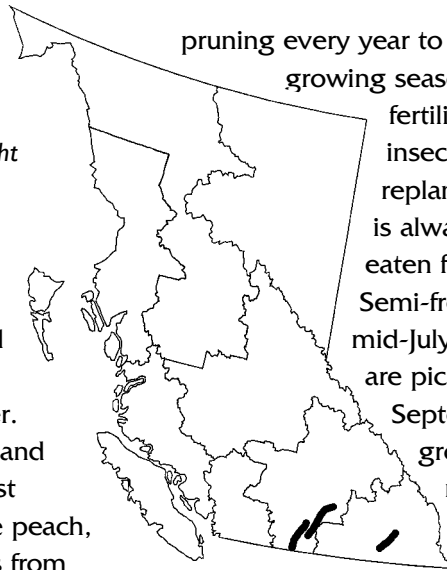
Peaches can be eaten fresh; blended for fruit drinks or sauces; used for jams, pie filling, flavouring or baby food; frozen; dried or canned. Peaches are 89% water and high in vitamin A.

What happens after the peaches leave the farm?

Peaches have a storage life of approximately 3 weeks. Peaches are sold directly from the orchards to consumers or to independent buyers. Part of the peach crop is sent to packinghouses where the peaches are graded, packed and shipped to retailers throughout Canada. Some of the peach crop is canned by commercial processors.

What challenges do peach producers face?

Production and consumption of peaches in North America is stable. Plant breeders are producing new varieties with bright red skin colour and



clear yellow flesh. There is a revived interest in white-fleshed peaches, particularly for potential sale in the Far East.

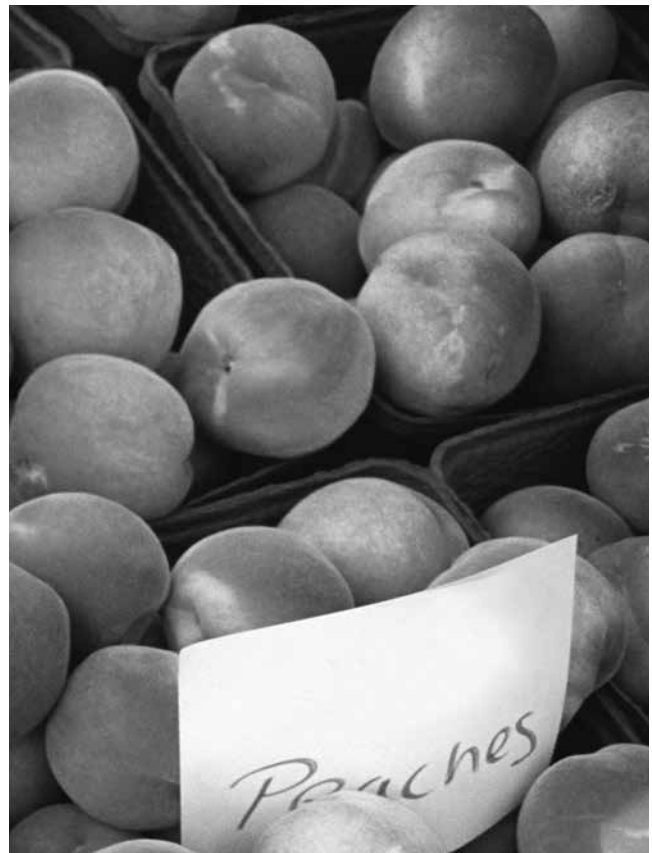
There are also two pests that producers combat: the peach tree borer and the peach twig borer.

Who's involved in producing peaches?

- Orchard owners
- Orchard workers
- Fruit stand owners and operators
- Fresh fruit wholesalers
- Packinghouse workers
- Fruit processors

Contacts and other resources:

BC Ministry of Agriculture and Lands
BC Fruit Growers' Association



Nutritional Facts

Serving Size: 1 medium peach (98g)

Calories	40
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	10g
Dietary Fibre	2g
Sugars	9g
Protein	1g
Vitamin A	0%
Vitamin C	2%
Iron	10%
Calcium	0%
Calories from Fat	0
Daily Value*	
Total Fat	0%
Saturated Fat	0%
Cholesterol	0%
Sodium	0%
Total Carbohydrate	3%
Dietary Fibre	8%

*Per cent Daily Values are based on a 2,000-calorie diet.