

Peaches

Peaches are a member of the rose family.

There are two main varieties of peaches:

- **FREESTONE**, in which the fruit readily breaks away from the pit.
- **CLINGSTONE**, in which the fruit clings to the pit.

Peaches provide vitamins C and A and fiber.



Georgia is known as the “Peach State.” Peach County is number one in peach production in Georgia (Farm Gate Value 2021).

Georgia’s production of peaches is third in the nation, behind California and South Carolina.

Georgia peaches are in season May through August.

Peaches originated in China and were introduced to St. Simons and Cumberland Islands on Georgia’s coast in 1571.



Georgia Department of Education School Nutrition