**Sweet as a Peach**

Peaches are a drupe fruit, meaning it contains a stone – similar to nectarines, apricots, plums and cherries. Peaches are not commercially grown in Wisconsin because of our climate, but a few home gardens in southwestern Wisconsin can grow peach trees. Peaches are a juicy and versatile summer fruit. They contain a range of beneficial nutrients and are rich in vitamin A, vitamin C, vitamin E, vitamin B, calcium, and potassium.

Peaches are a symbol of good luck, protection and longevity! It is the 3rd most popular fruit in the United States. August is National Peach Month, so come join us in August for our Beneficial Bites presentation and learn the history and more nutritional benefits of peaches.

