



The **Nectarine** first appeared in China, and in a genetic variant of the peach and is not, as some believe, a cross between a peach and a plum. One Chinese emperor was so taken by the **nectarine** that he and his people referred to them as the nectar of the gods. Although the **nectarine** is a Chinese native it came to America not from China but from Europe, and made it out west about 130 years ago.

A **nectarine** although very sweet and tasty is good for you. An average size **nectarine** has about 70 calories, 1 gram from fat, 0 sodium, 16 grams of carbohydrates, 3 grams of dietary fiber, and 1 gram of protein. An average size **nectarine** also provides 20% of you daily needs for vitamin A and 10% of your needs for vitamin C.

A **nectarine**, like peaches, pears, plums, and apricots, are considered to be a stone fruit. A stone fruit is any fruit that has a hard pit or seed in the center. The pulp around the pits is often the sweetest in the whole fruit, but be careful swallowing a pit would not be a pleasant experience.

Interesting facts about the **nectarine** are:

- Never plant a **nectarine** or a peach tree next to an almond tree. The **nectarine** is the brother of the almond and the two plants are easily crossed resulting in bitter nuts.
 - Most **nectarine** and peach pits have little holes in them and a ribbed structure.

