Nectarine

Nutrition Bites:
• Nectarine is high in Vitamin C to help keep sickness away.
• Nectarine has a high amount of fiber to help keep you feeling full.

Harvest Corner:
• Nectarines grow on trees and have a pit in the center.
• Nectarine when ripe has a very fragrant scent.

Did you know?
• The nectarine originated in China more than 2,000 years ago.
• Nectarines are meatier than a peach.
**Language Lesson:**

Nectarina – Spanish  
Nectarine – French

**Fun Facts:**

- Until 1942, nectarines were dull, small, and green. Then a new and improved nectarine was developed called LeGrade.
- The nectarine is also called a “stone fruit” and is related to peaches and plums.
- Nectarines come in freestone and clingstone varieties. Freestone nectarines easily separate from the pit. Clingstone nectarines have flesh that clings to the pit.

![White nectarine](image)

![Nectarine tree](image)