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The peach *Prunus persica* is a deciduous tree that bears edible juicy fruits with various characteristics. Most are simply called peaches while the glossy skinned non fuzzy varieties are called nectarines.

Though from the same species they are regarded commercially as different fruits Nov 18 2025 Peach is a economically important fruit tree grown throughout the warmer temperate regions of both the Northern and Southern hemispheres for its sweet fruits. Peaches are widely eaten fresh and are also baked in pies and cobblers. Canned peaches are a staple commodity in many regions Jun 9 2025 Peaches are deliciously sweet fuzzy peeled fruits that pack a nutritious punch.

Learn about the many surprising health benefits of peaches Jul 28 2025 Peaches are a tasty low calorie fruit that helps keep you hydrated.

They're also packed with vitamins, antioxidants, and fiber that support skin, heart, and digestive health Jun 29 2025 Peaches are rich in phytonutrients that tackle free radicals and reduce inflammation throughout the body. Peaches offer potassium, fiber, and other nutrients that support a healthy heart and gut Aug 7 2023. Find out what nutrients are in peaches and learn how they can help everything from high blood pressure to heart health. Peaches, a stone fruit grown on trees, are a great source of vitamin C which helps the body fight infection and heal wounds. Peach skin can be eaten and is full of fiber which helps the digestive system.

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