

INCREDIBLE EDIBLE IDAHO

PEACH



IDAHO PEACH FACTS:

Idaho peaches are "tree-ripened" to produce a ripe, sweet fruit that is full of natural sugars.

Each year, approximately 15 million pounds of peaches are harvested from orchards in southwest Idaho.

Idaho peaches are generally available in mid-August until the end of October.

A mature peach tree can produce around 250 peaches per tree each year.

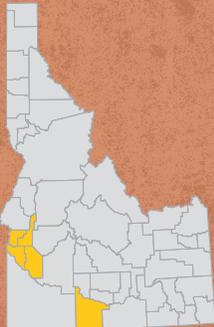
PEACH NUTRITION FACTS

Peaches have vitamin A, which is good for your eyes.

Peaches are a good source of vitamin C, an antioxidant that protects and heals the body.

Peaches provide potassium, which helps your muscles contract.

Peaches are sweet, but low in calories. A medium peach has approximately 60 calories.



Top peach producing counties:

Canyon
Gem

Ada
Payette

Twin Falls

