

# The Many Types of Peaches

Material provided by [National Day Classroom](#)

## Introduction

Peaches are one of the sweetest and juiciest fruits enjoyed all around the world. They originally came from China over 4,000 years ago and have spread to many countries, becoming a favorite in pies, cobblers, and even eaten fresh on a hot summer day. While peaches may look similar, they actually come in many different types and varieties. Learning about the different kinds of peaches helps us understand how farmers grow them and why they taste and feel the way they do.

## Main Types of Peaches

Peaches can be grouped into three main categories based on how the pit (the hard seed in the center) separates from the flesh:

### 1. Freestone Peaches

- In freestone peaches, the pit easily pulls away from the flesh.
- These peaches are popular for eating fresh because they are less messy.
- Examples: **Elberta**, **Redhaven**, and **O'Henry**.

### 2. Clingstone Peaches

- In clingstone peaches, the pit clings tightly to the flesh.
- These peaches are very sweet and juicy, making them great for canning and cooking.
- Examples: **Santa Rosa** and **Bowen**.

### 3. Semi-Freestone Peaches

- A mix between freestone and clingstone, these peaches have pits that separate more easily than clingstone but not as easily as freestone.
- Farmers often grow these because they combine sweetness with easy preparation.

## Flesh Colors

Peaches also come in different flesh (inside) colors:

- **Yellow-Fleshed Peaches:** The most common in the United States, with a balance of sweet and tangy flavor.
- **White-Fleshed Peaches:** Sweeter and less acidic, common in Asian countries.
- **Donut or Saturn Peaches:** Flat-shaped peaches with white flesh that are very sweet and fun to eat.

## Other Peach Varieties

Besides the main groups, there are many special peach varieties:

- **Nectarines:** Technically a type of peach without the fuzzy skin.
- **Doughnut Peaches:** Flat and round, shaped almost like a doughnut.
- **Cling and Shipping Varieties:** Some are bred for long-distance transport so people all over the world can enjoy them.

## Conclusion

Peaches may seem like just one fruit, but they come in many kinds, colors, and flavors. From freestone to clingstone, yellow to white, fuzzy to smooth-skinned, peaches are as diverse as they are delicious. Knowing the different types helps us enjoy them in the best way—fresh from the tree, baked in desserts, or preserved in jars for later.

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# Peach Activity Sheet

## Part 1: Match the Peach

Draw a line from the type of peach to its description.

1. **Freestone Peach**
2. **Clingstone Peach**
3. **Semi-Freestone Peach**

- A. The pit comes out easily, great for eating fresh.
- B. The pit sticks tightly, very juicy, often used for canning.
- C. The pit comes out somewhat easily, a mix of the other two.

## Part 2: Color the Peach!

- Color a peach with **yellow flesh** ?.
- Color a peach with **white flesh** ?.
- Color a **doughnut peach** flat and round.

## Part 3: True or False

1. Nectarines are a type of peach without fuzzy skin. ( )
  2. White-fleshed peaches are more sour than yellow-fleshed peaches. ( )
  3. Peaches came from China thousands of years ago. ( )
  4. Semi-freestone peaches are always flat like doughnuts. ( )
- Peach Quiz

## Multiple Choice

1. Which peach is easiest to eat fresh?
  - a) Clingstone
  - b) Freestone
  - c) Semi-freestone
  - d) Nectarine
2. Which peach is great for canning?
  - a) Freestone
  - b) Clingstone
  - c) White-fleshed
  - d) Donut
3. Where did peaches first come from?
  - a) Italy
  - b) Mexico
  - c) China
  - d) Spain

## Short Answer

1. What is the main difference between yellow-fleshed peaches and white-fleshed peaches?
2. What is special about a doughnut peach?

# Peach Quiz Answer Key

## Activity Sheet Answers

- Part 1:  $1 \rightarrow A$ ,  $2 \rightarrow B$ ,  $3 \rightarrow C$
- Part 3: (1) True, (2) False, (3) True, (4) False

## Quiz Answers

- Multiple Choice: (1) b, (2) b, (3) c
- Short Answer:
  1. Yellow-fleshed peaches are tangy, while white-fleshed peaches are sweeter and less acidic.
  2. Doughnut peaches are flat, round, and very sweet.