

For the love of peaches

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Botanically, peaches are "drupes" or stone fruits. Like apricots, plums and cherries, they carry their seeds within a hard shell surrounded by edible flesh and skin.

Nutritionally, a medium-sized peach (5–6 ounces) contains just 58

calories and 14 grams of brain and muscle energy from carbohydrates. They are reasonably good sources of vitamins C and A, with smaller amounts of other vitamins and minerals.

Peaches are also packed with beneficial antioxidants that protect our bodies from wear and tear. And get this when you're searching for [peaches](#): According to research from the National Institutes of Health, you'll find more antioxidants in the freshest and ripest fruit.

How to find a perfectly ripe peach

It is round with no sign of green. And it is slightly soft to the touch. Peaches continue to ripen at room temperature. To preserve them from over-ripening, store them in the refrigerator.

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