

Fruit and Vegetable of the Month

Peach

The peach is a member of the rose family. It was first cultivated in China and revered as a symbol of longevity. The image was placed on pottery and received as a gift with great esteem. Travelers along caravan routes carried the peach seed to Persia before it was cultivated in Europe. In the early 1600's, Spanish explorers brought it to the New World and by the 1700's, missionaries established peaches in California. Peaches are available almost all year. Half of the United States crop comes from the South and the other half from California. The United States also produces 25% of the total world market. One medium peach provides 40 calories and 2 gms of fiber. They are virtually fat, sodium, and cholesterol free. They are considered a good source of fiber and also contain vitamin A.



Tomato

Tomatoes are one of the most popular vegetables eaten by Americans. Tomatoes are members of the fruit family, but they are served and prepared as a vegetable. This is why people consider them a vegetable and not a fruit. Tomatoes are an excellent source of vitamin C and a good source of vitamin A. There are thousands of tomato varieties. The most widely available varieties are in three groups: cherry, plum, and slicing tomatoes. A new sweet variety like the cherry tomato is the grape tomato, really wonderful to eat alone or in a salad. $\frac{1}{2}$ cup of cubed tomatoes has only 20 calories.

