

Prunus Persica

PESCO – PEACH– PÊCHER – PFIRSICH

MELOCÒTONERO - ΓΡΥΙΙΑ - 桃の木 - 桃树 - قارد

HISTORICAL BACKGROUND:

The peach tree is native of China where it was first domesticated and cultivated. It was regarded as a symbol of immortality and its beautiful flowers have been celebrated through the centuries by poets, painters and singers alike.

From East the peach came to Persia carried by caravans of travellers and it is from here that derives its botanical name “Prunus Persica”. Thanks to the conquests of Alexander the Great in 330 BCE, the peach tree spread across Mediterranean Sea area. According to the Roman writer Rutilio Tauro Emiliano Palladio, Alexander the Great was taken in by the beauty of the peach trees he saw in the gardens of Persian King Darius III during his expedition to Persia. The fruit reached Rome in the I century CE.

In Egypt the peach was considered holy to Harpocrates, God of Silence and Childhood and even today the cheeks of children are compared to peaches because of their velvety softness.

*BOTANICAL AND AGRICULTURAL
FEATURES / PRODUCT DESCRIPTION:*

- *FAMILY: Rosacea*
- *MINIMUM TEMPERATURE: -18°/23°*
- *MAXIMUM HEIGHT: 6/8 mt*
- *BLOOM: Spring*
- *COLOUR FLOWER: pink White*
- *PRUNING: February*
- *SOIL: well drained and rich in organic matter.*

PEACH VARIETIES: WHITE FLESH

- *MARIA BIANCA:*

Round fruit, oblate shape with white flesh.

Harvest: Late July

- *MICHELINI:*

Large peach with red-over-white skin and white flesh.

Harvest: Late August

- *ROSA DEL WEST:*

Slightly flattened peach with white flesh.

Harvest: Late July

- *SPRINGTIME:*

Small fruit, asymmetrical rounded shape. Greenish-white skin with red blush. White flesh, good taste.

Harvest: Early June

- *WHITE TOP:*

Medium to large peach with a red blush over yellow skin. Firm white flesh, fragrant and tasty.

Harvest: Early July

PEACH VARIETIES: YELLOW FLESH

- *ALEJANDRO DUMAS:*

Large peach with dark red skin.

Harvest: September

- *BABY GOLD 9:*

Large peach with red-blushed yellow skin.

Orange-yellow flesh.

Harvest: Early September

- *CRESTHAVEN:*

Round fruit with yellow flesh.

Harvest: Mid August

- *DIXIRED:*

Large peach, yellow skin streaked with red.

Yellow flesh, tasty and fragrant.

Harvest: Mid July

- *ELEGANT LADY:*

Large peach with bright red skin and yellow flesh.

Harvest: Late July / Early August

- *FAYETTE:*

Large peach with light red skin and yellow flesh.

Harvest: Mid August

- *FEDERICA:*

Round peach with a deep red colour.

Harvest: Mid July

• *FLAVORCREST:*

Large round peach with yellow skin and bright red blush yellow. Yellow flesh.

Harvest: Mid July

• *GLOHAVEN :*

Yellow peach with streaked red skin. Yellow flesh with a fine texture. Good flavor and fragrant.

Harvest: Late July

• *MYCREST:*

Medium-small flattened fruit. Yellow flesh.

Harvest: Early June

• *REDHAVEN:*

Medium to large round with yellow flesh.

Harvest: Mid July

• *ROME STAR:*

Large, round peach with bright red skin.

Firm yellow flesh with a good flavour.

Harvest: Early / Mid August

• *ROYAL GLORY:*

Frutti molto belli, pezzatura medio grossa, forma sferica, colorazione rosso intensa, polpa giallo intenso molto soda e dolce.

Harvest: Early/Mid July

• *SPRINGCREST:*

Medium to small round fruit with red skin and yellow flesh.

Harvest: Late June

• *SPRINGBELLE:*

Medium large fruit, bright red skin with firm, juicy yellow flesh.

Harvest: Late June

• *SPRINGLADY:*

Medium-size fruit, dark red almost completely covering yellow skin.

Harvest: Early/Mid July

• *SUNCREST:*

Large round fruit, yellow skin with dark red blush.

Yellow flesh.

Harvest: Early August

PEACH VARIETIES: WHITE FLESHED NECTARINES

• *CALDESI 2000:*

Symmetric oblong fruit, skin color white- greenish with red blush over almost all of the fruit.

Harvest: Mid July

• *FANTASIA:*

White pulp fruit, round, big, vigorous.

Harvest: July

• *MADAME BLANCHETTE:*

Fruit with red-orange skin, white flesh.

Harvest: Mid August

- *MAGDALENE:*

Medium-size fruit, red blush on white skin.

Fragrant white flesh.

Harvest: Mid July

- *NEVE:*

Greenish-white skin with predominant red blush, white flesh with red veins, good consistency.

Harvest: Early July

- *SNOW QUEEN:*

White-fleshed nectarine, round, red fruit, a good cropper.

Harvest: Mid July

PEACH VARIETIES: YELLOW FLESHED NECTARINES

- *ARMKING:*

Medium-large fruit, light green skin with red blush, yellow, firm flesh.

Harvest: Late June

- *BIG TOP:*

Yellow-fleshed nectarine, large, round fruit; yellow skin with red blush.

Harvest: Mid July

- *FAIRLINE:*

Yellow-fleshed nectarine, large, round fruit, red blush on yellow skin.

Harvest: Late August

• *MARIA CARLA:*

Big fruit, yellow-fleshed nectarine.

Harvest: *Late July*

• *NECTAROSS:*

Yellow-fleshed nectarine, round fruit.

Harvest: *Early August*

• *STAR RED GOLD:*

Large fruit, yellow skin with red blush, yellow flesh.

Harvest: *Late July/ Early August*

• *VENUS :*

Yellow fleshed nectarine, round-oblong fruit.

Harvest: *Early August*

PEACH VARIETIES: FLAT

- *MESEMBRINE :*

Yellow fleshed nectarine, intensely red blush, tasty and scented flesh.

Harvest: *Late August*

- *PARAGUAYO:*

White fleshed, big fruit, a god cropper.

Harvest: *August*

- *PLATIBELLE:*

White fleshed, bright red skin.

Harvest: *Late July*

- *SATURNO/ DELFINA :*

Small medium fruit, red blush on white skin, fragrant and sweet flesh.

Harvest: *Late July*

- *UFO 3:*

Small fruit, flat form, red skin with white fleshed, fragrant and compact.

Harvest: *Early June*

BLOOM:

The flowers on the peach tree come out in early spring before the leaves. When in full bloom the beautiful pink flowers are one of the first signs of spring after the winter.

Peach blossom is also considered a symbol of prosperity and immortality. In dreams it is supposed to symbolise serenity and tranquility.



TRAINING AND ORNAMENTAL USES:



*HALF-STANDARD TREE:
Half-standard tree for the home
orchard.*



*DWARF TREE:
Plants suitable for terraces,
balconies or small gardens.*



ESPALIER PLANTS:

Piante di grande suggestione utilizzate per definire aree del giardino come orti / broli o per delimitare viali con l`aggiunta al piede di una bordura bassa fiorita o con aromatiche

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in a 15 litre pot with a 30cm diameter. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the previously removed backsoil. This should be broken down, crumbled and mixed with 20-30% potting soil.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 metre, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.

The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT
A THREE-YEAR-OLD FRUIT TREE
IN A 15 LITRE VASE*



HEALTH BENEFITS:

Peaches are the perfect snack when on a diet. Full of dietary fibre they makes you feel full and stop you from overeating. They are low in calories (38 kcal per 100 g). They are made up of 90% water and contain: potassium (250 mg), phosphorus (21 mg), magnesium (10 mg), calcium (4 mg) and iron (0.5 mg), B vitamins (B1: 0.01 mg, B2: 0.03 mg, B3 0.5 mg), vitamin A (27 mcg) and vitamin C (4 mg).

Peaches have diuretic properties. They are refreshing and can replenish minerals, help remove worms from the intestines and have a light laxative effect.

Thanks to the potassium they contain, peaches are a help for the nervous system; they are a healthy stress reliever, they regulate the heartbeat and help to replenish energy after an intense effort.

They are good for the immune system. They help maintain healthy sight, skin, nails and hair; they have anti-aging properties and regulate blood pressure. They are beneficial for sufferers of gout and arthritis

This fruit is easy to digest, but should be eaten away from meals in order to reduce fermentation when eaten with dairy products and carbohydrates.

NUTRITIONAL CHARACTERISTICS:

*100 g fresh peaches contain 39 calories
(87% carbohydrate, 7.7% protein, 5.3% fat).*

Nutritional value of 100 g Peaches

<i>Energy Value (Calories)</i>	<i>39</i>	<i>kcal</i>
<i>Protein</i>	<i>0,91</i>	<i>g</i>
<i>Carbohydrates</i>	<i>9,54</i>	<i>g</i>
<i>Sugars</i>	<i>8,38</i>	<i>g</i>
<i>Fats</i>	<i>0,25</i>	<i>g</i>
<i>Saturated Fats</i>	<i>0,019</i>	<i>g</i>
<i>Monounsaturated Fats</i>	<i>0,067</i>	<i>g</i>
<i>Polyunsaturated Fats</i>	<i>0,086</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary Fiber</i>	<i>1,5</i>	<i>g</i>
<i>Sodium</i>	<i>0</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

PEACH JAM:

INGREDIENTS:

- 1,2 kg washed peaches
- 650 gr sugar
- 1 lemon



METHOD:

Wash the peaches, peel, remove the stones and cut into pieces.

Place the fruit in a heavy-bottomed or nonstick pan, add the lemon juice and grated peel. Boil over a medium heat for about 10 minutes until the peaches are soft and pulpy.

Add the sugar gradually and simmer over a low heat for about 45 minutes, stirring with a wooden spoon. Do the saucer test to check if setting point has been reached: put a small quantity of jam on a cold plate and tilt the plate. If the jam does not run, then it is ready.

Meanwhile sterilize the jars by putting them in boiling water for 20 minutes, place upside down on a cotton tea towel to dry.

Fill the jars with the hot jam. Screw the lids on tightly with the help of a tea towel to protect your hands from the hot jars.

Turn the jars upside down and place close together on a wooden board. Cover in order to retain the heat as long as possible and leave overnight.

This process will help a vacuum form in the jars.

The following day, when cool, turn the jars over and store in a cool, dry place.

STUFFED BAKED PEACHES:

INGREDIENTS:

- *800 gr Medium size yellow peaches*
- *100 gr Dark chocolate*
- *80 gr macaroons*



METHOD:

Rinse and dry the peaches.

Cut each peach in half and remove the stone.

Remove a little extra flesh from around the centre of the peach.

Set the peaches aside. Chop up the extra peach flesh and chop the chocolate finely. Crumble the macaroons coarsely and mix all the ingredients together with the help of a fork.

Finally, place the peaches close to each other, rounded side down in a lightly buttered baking dish. Fill the hollow of each peach heaping up a few tablespoons of the filling. Preheat the oven to 180°C and bake for 60 minutes (or in a fan oven at 160°C for 50 minutes). Remove the peaches from the oven and serve warm!

PEACH CRUMBLE:

INGREDIENTS:

- *6 Yellow peaches*
- *50 gr butter*
- *30 ml lemon juice*
- *120 gr Strawberries*
- *Half vanilla pod*
- *150 ml lager*
- *80 gr caster sugar*
- *40 gr grams of brown sugar*



FOR THE CRUMBLE TOPPING:

- *140 g butter*
- *120 g brown sugar*
- *140 g plain flour*
- *1 egg yolk*
- *120 almond flour*
- *2 g powdered cinnamon*

NB: - GLUTEN FREE RECIPE:

replace the white flour with white gluten free flour

- FOR RECIPE VEGANS:

replace the butter with margarine and do not use the egg yolk

METHOD:

To make the crumble topping cut the butter into pieces and rub into the white flour and almond flour until the mixture resembles fine breadcrumbs. Add the brown sugar, cinnamon, and the egg yolk. Mix together with a wooden spoon ensuring the mixture maintains its “crumbled” look. Leave the mixture to rest in the fridge for 10 minutes, and then spread out on greaseproof paper on a baking tray.

Bake in the oven at 180°C until the crumble is golden brown (about 15/20 minutes).

Melt the butter in a pan, peel the peaches, cut into cubes, and add to the pan along with the caster sugar and the vanilla seeds. Mix together. Pour over the lager and let it evaporate. Set aside and leave to cool. Wash and hull the strawberries, cut into quarters and place in another pan. Cook for 2-3 minutes with the juice lemon and brown sugar.

Place layers of the strawberry and peach compote in individual dishes and cover with the crisp crumble topping. Serve cold!

PEACH WITH LEMON

INGREDIENTS:

- *8 good quality ripe peaches*
- *4 tablespoons sugar*
- *Juice of 1 lemon*
- *Fresh mint*



METHOD:

Cut the peaches in half and remove the stones. Peel, slice and put in a bowl. Sprinkle with sugar and add the lemon juice.

Mix carefully. Garnish with a few sprigs of mint. Place in the fridge for about 1 hour and serve. Peaches with lemon are a refreshing dessert ideal for warm summer evenings.

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