

Juicy Peaches & Nectarines

Handling & Information Guide for the Trader

It is the time of the year for stone fruit. Peaches, Nectarines and Plums are appearing in the market and once again offer you a good business proposition. There is a big demand for this fresh fruit which is not only delicious to eat as it is but may be enjoyed in recipes of all kinds.

Great Nutrition

Peaches and Nectarines are rich in nutrients, which make them powerful damage- preventing fruit. They contain fibre, potassium, vitamin A, calcium, magnesium, iron, and other minerals and are rich in vitamin C. They are low in kilojoules and contain virtually no fat.



Ripening

Stonefruit is picked when mature, but still unripe and hard. This ensures that it does not get damaged in the packing process. Fruit often reaches the trader when it is still unripe and the flavour has not yet developed.

To ripen, remove fruit from cold storage and keep in boxes or trays at room temperature.

Ensure that there is no moisture build up on the fruit.

To speed up ripening, place the fruit in a paper packet at room temperature with a banana or apple.



Handling and Merchandising

Stonefruit should be handled as little as possible. The more fruit is handled – the more chance there is of bruising taking place. The fruit can be displayed in the box, as it was packed, or pre-packed.

- Do not stack fruit on top of each other – this causes bruising
- Remove any damaged fruit to prevent the spread of decay
- To maintain the quality of fruit, as well as extend the shelf life it is important that fruit is kept as cool as possible
- Ensure that the fruit is not exposed to sunlight
- Fruit must always be well ventilated



Availability and Selection

Peaches and Nectarines

Available from December to March.

Peaches have a fuzzy skin and Nectarines a smooth skin. Both peaches and nectarines have either yellow or white flesh and can be freestone or clingstone.

How to choose

When choosing a peach or nectarine, look for a smooth, firm and brightly coloured fruit that is slightly soft when gentle pressure is applied. Avoid hard wrinkled fruit with soft spots, blemishes or green tinges – a sign that the fruit was picked too early.



SEASONAL TABLE FOR PEACHES

PEACHES

EARLIGRANDE
TRANSVALIA
BINNIGOLD
SUMMERSUN
EXCELLENCE
KEISIE
KAKAMAS
FAIRTIME

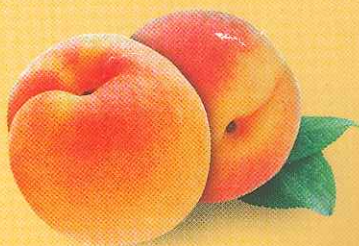
	OCT	NOV	DEC	JAN	FEB	MAR
EARLIGRANDE	█					
TRANSVALIA		█				
BINNIGOLD		█				
SUMMERSUN			█			
EXCELLENCE				█		
KEISIE				█		
KAKAMAS					█	
FAIRTIME						█

SEASONAL TABLE FOR NECTARINES

NECTARINES

MAY GLO
ALPINE
CRIMSON BLAZE
SPRING BRIGHT
DONNARINE
FANTASIA
AUGUST RED
FLAMEKIST

	OCT	NOV	DEC	JAN	FEB	MAR
MAY GLO	█					
ALPINE		█				
CRIMSON BLAZE			█			
SPRING BRIGHT			█			
DONNARINE				█		
FANTASIA				█		
AUGUST RED					█	
FLAMEKIST						█



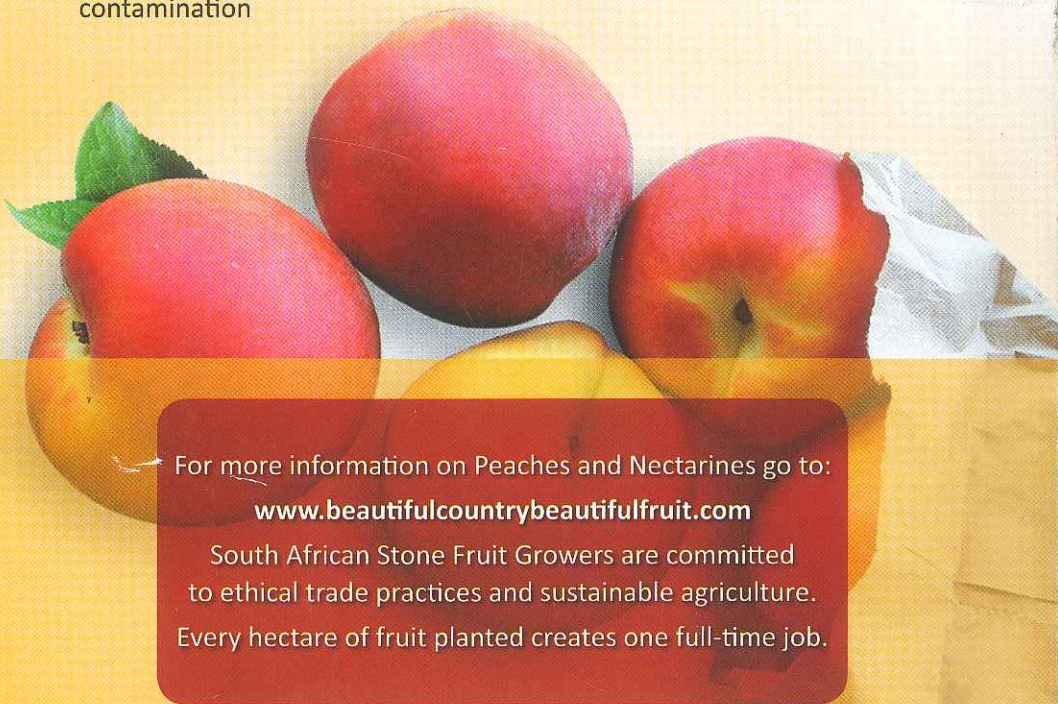
Food Safety

South African fruit is healthy and delicious, but it is important that it is safe for consumers to buy and eat.

Many diseases can be transferred by fruit that is contaminated.

It is the responsibility of the trader to practise good hygiene.

- Always buy from a trusted market agent or supplier who adheres to food safety standards
- Make sure fruit is fresh, clean and of good quality
- The display stand and area around it must be clean, dry and hygienic
- You as trader must always be clean and wear clean clothes
- It is important that you wash your hands regularly
- Your nails need to be short and clean if you work with food
- Are you aware that money is a source of contamination? Therefore wash hands regularly
- Protect fruit against insects, the sun, dust, and temperature changes
- Keep fruit cool and dry
- Remove any fruit that has been damaged or is rotting, to prevent contamination



For more information on Peaches and Nectarines go to:

www.beautifulcountrybeautifulfruit.com

South African Stone Fruit Growers are committed to ethical trade practices and sustainable agriculture.

Every hectare of fruit planted creates one full-time job.