

GREAT WHITES PEACHES & NECTARINES

Because Great Whites are very low acid, they have a distinctively different flavor than traditional yellow varieties of peaches and nectarines. The first thing you'll notice when you bite into a Great White is an incredible burst of sweetness, followed by a mellow peach or nectarine flavor.

It's an intensely sweet flavor sensation that you just can't find anywhere else, and it's the perfect, healthy way to satisfy your sweet tooth. And wait until you see how kids go for Great Whites. Put away the candy bars and sweetened fruit drinks, they'll be asking for Great Whites peaches and nectarines from now on.



The Sweetest Slice of Summer!



Premium
White
Flesh
Peaches & Nectarines

Nutritional Information

Nutrition Facts

Serv. Size: 1 white nectarine (138g)

Amount Per Serving

Calories 61 Calories from Fat 4

% Daily Value*

Total Fat	0g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	15g	5%
Dietary Fiber	2g	9%
Protein	1g	
	Sugars	11g

Vitamin A 9% Vitamin C 12%

Calcium 1% Iron 2%

No Trans Fat

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serv. Size: 1 cup white peach (170g)

Amount Per Serving

Calories 66 Calories from Fat 4

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	16g	5%
Dietary Fiber	3g	10%
Protein	2g	
	Sugars	14g

Vitamin A 11% Vitamin C 19%

Calcium 1% Iron 1%

No Trans Fat

*Percent Daily Values are based on a 2,000 calorie diet.

www.familytreefarms.com

Sweet Summertime Recipes



White Peaches And Nectarines

A Frenzy
of Flavor in
Every Bite!



Premium White Flesh Peaches & Nectarines

What are white peaches and nectarines?

White peaches originated in China nearly 2000 years ago. They were the original peach. Long prized in Asian countries as a sweet, delicate treat, they're now grown in California and available all summer long.

What makes them unique?

They contain very low levels of acid, so they're less tart than yellow varieties. This allows their natural sweetness to come through with each delicious bite.

How should I store them?

White peaches and nectarines should not be refrigerated until they are slightly soft - and they soften quickly, sometimes within a day or two. Enjoy them sweet and crisp right from the store and then soft and juicy as they ripen. Either way you're ensured a sweet sensation.



What Makes Great White Peaches & Nectarines So Great?

It's our absolute commitment to bring you the best tasting fruit possible. No need to search the world for the sweet taste you crave. We've done the work for you.

Just look for the Great White – and Bite in!

We've selected only the best-tasting varieties for our orchards. We leave them on the tree as long as possible to make sure they gain as much sugar as possible. Then we carefully pack them and ship them to grocers around the world who share in our dedication to bring you the most flavorful fruit in the world.

How to Select - The amount of red color varies by variety and is not an indication of ripeness. Some are dark red and others are pinkish, but all should have a creamy white background color. Each variety is available for only a short time so you'll get something slightly different each time you shop – but one thing is certain, they're all sugar-sweet and ready-to-eat. Look for them in your favorite store from May through October – and have a very sweet summer.

SWEET SUMMERTIME RECIPES

Great Whites Caramelized Grilled Fruit

4 tablespoons unsalted butter, melted
1/4 cup packed dark-brown sugar
4 Great whites peaches, cut in half
4 ripe Flavor Safari pluots, cut in half
4 miniature ripe bananas, cut in half lengthwise
Heat grill or broiler to medium-hot. In a large bowl, combine the melted butter and brown sugar. Add all fruit, and toss. Fold the edges of a piece of heavy-duty aluminum foil to form a shallow baking pan, and place on grill. Arrange the fruit, cut sides down, on the foil. Cook fruit until browned and caramelized around the edges, rearranging occasionally to prevent burning. Turn the fruit over, and repeat; serve.

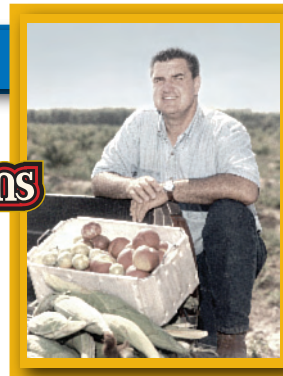
Great Whites Chicken Salad

2 large Great Whites nectarines
2 cups of cooked chicken, diced
1/2 cup of red onions, thinly sliced
1/2 cup poppy seed dressing (your own or bottled)
6 cups mixed baby greens
1/2 cup of toasted, chopped walnuts
Cut 1 Great Whites nectarine into 3/4 inch pieces; place in a large bowl. Add chicken and onion. Toss with enough dressing to coat. Cover and chill for 1 to 2 hours. Add baby greens and walnuts to chicken mixture and toss to coat, adding more dressing if desired. Mound salad on a large serving plate. Cut remaining Great Whites nectarine into thin wedges. Garnish the salad with the wedges and serve.

Great Whites Nectarine Lemonade

2 or 3 fresh Great White nectarines
1 can (6 oz) frozen lemonade concentrate
3 cans (6 oz) cold water
ice cubes
mint sprigs (optional)
Slice nectarines to make 2 cups. Whirl 1 cup of the slices in blender with concentrate and water. Pour into pitcher and float remaining Great White nectarine slices in lemonade. Serve over ice in tall glasses. Garnish with mint sprigs.

FamilyTreeFarms



Third and fourth generation farmers in the San Joaquin Valley, the David Jackson family grows nearly 4,000 acres of premium stone fruit with an all-out focus on flavor. Their vision is simple: ***“To bring to market the most flavorful fruit in the world.”***

The Jackson family commitment to sweetness has positioned them as California's premier grower of Pluots, White Peaches, and White Nectarines. Their relentless commitment to quality begins in the field and extends through the entire operation. Not only do they grow the sweetest varieties available, but they wait to harvest fruit at its flavorful prime. Dave's family takes pleasure in bringing the fruits of their labor directly to you.

For more recipes go to
www.familytreefarms.com

