

# Nectarines



## Selecting

There are more than 150 varieties of nectarines but they are all very similar. The newer varieties are a little larger, redder and firmer and you can now find white nectarines with white flesh and a creamy-white-skin with a pink-red blush.

Nectarines, along with peaches and plums, do not ripen once picked. A nectarine will get softer and juicier after it has been harvested but not sweeter. Look for fruit that is firm but gives in slightly to pressure, especially along the seam.

Avoid nectarines that have a green colour on their skin, as that would signal the fruit was picked too early. It will be unripe and will not have much flavour.

Nectarines are delicate and bruise very easily, so handle with care.

## Storing

Firm nectarines can be stored at room temperature for a day or two to soften them.

If you purchased a basket of nectarines, remove them from the basket and store in a single layer. Nectarines that are ready to eat should be stored

in the fridge, uncovered and they will keep for about a week.

If you can't use all of the nectarines you purchased, freeze them to use in cooking.

To learn more about freezing nectarines, please visit [halfyourplate.ca/fruit-and-veggie/storage](http://halfyourplate.ca/fruit-and-veggie/storage)

## Preparing

Nectarines just need to be washed before eating as is. If you choose to peel or slice nectarines, just brush with fresh lemon juice to prevent them from browning.

## Eating

Nectarines and peaches can be used interchangeably in recipes. Try poaching, broiling, grilling and baking nectarines.

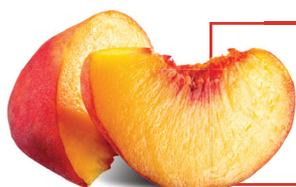
## Seasonality

Local nectarines are only available from August to September.

California nectarines are available from late April to late August.

## Nutrition

A nectarine has 60 calories. Nectarines are a source of Vitamin C, Vitamin B6, potassium and fibre.



**You can substitute nectarines for the mangoes in this Caramelized Tropical Sundae.**

[www.halfyourplate.ca/recipe/caramelized-tropical-sundae/](http://www.halfyourplate.ca/recipe/caramelized-tropical-sundae/)

