

Prunus persica

Common name: Peach, Arhoo

Family: Rosaceae

Habit: Tree

Location: Botanical Garden and Pasricha block

Distribution: It is globally distributed in Northwest China and India; Indian Distribution: Assam, Meghalays, Madhya Pradesh.

Description:

Widely popular for their sweet, juicy fruits and beautiful blossoms, Peach trees are actually plagued by so many different pests and diseases that they should probably only be planted by the horticulturally dedicated homeowner. A low, broad tree, 15 to 25 feet tall with an equal or greater spread, Peach trees form a rounded crown with upwardly-reaching branches clothed in three to six-inch-long, dark green, deciduous leaves. The lovely flowers which appear in April before the new leaves unfold are available in single, semi-double, and double forms in colors ranging from pure white to deep red and bicolors. The luscious three-inch-diameter fruits mature in July to August. Bright yellow fall color really stands out in many years.

Uses:

Peaches have versatile uses in culinary, cosmetic, and nutritional applications. In the culinary realm, they are enjoyed fresh, sliced, or added to salads for a sweet and juicy flavor. Peaches are high in fiber, vitamins, and minerals. They are anti-oxidant and anti-inflammatory. The leaves are astringent, demulcent, diuretic, expectorant, febrifuge, laxative, parasiticide and mildly sedative. Seeds are used internally in the treatment of constipation in the elderly, coughs, asthma and menstrual disorders.

