

Peaches for Kids - when did people start eating peaches? how did people preserve peaches?

# Peaches

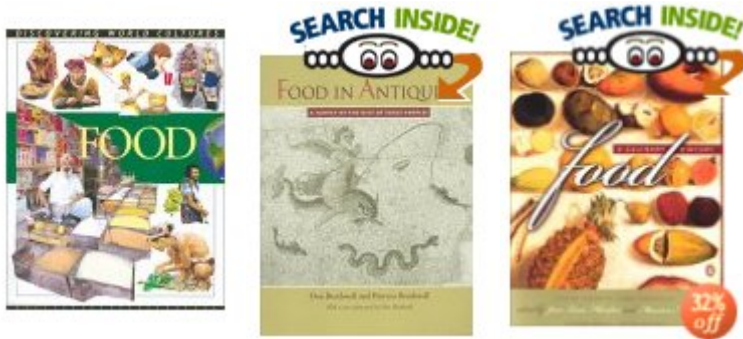


[China](#) was the first home of peaches. Peaches are related to [apples](#), but apples grew further west, in western China, and peaches grew further east, in eastern China. People in southern China have been eating peaches since at least [1000 BC](#), and probably as early as [4000 BC](#). Many Chinese stories about peaches think of peaches as a symbol of long life. Gradually, people further west along the [Silk Road](#) also began to grow and eat peaches. People living in the [Persian Empire](#) and probably [India](#) enjoyed peaches about 500 [BC](#), and then by about 100 BC people in the [Roman Empire](#) were eating peaches too, and under Roman rule peaches were grown as far west as [North Africa](#) and Spain, and even as far north as England.

Peaches probably reached [East Africa](#) about the same time as [bananas](#) and coconut, about 800 [AD](#), when Indonesian Muslim traders began to reach Madagascar, and they probably spread through Africa along with the new [Islamic religion](#).

When Portuguese soldiers conquered [South America](#) from the [Aztecs](#) and [Inca](#) in the 1500's AD, they brought peaches with them, and people began to grow peaches in South America, too. In the 1600's, [Spanish settlers](#) also brought peaches to Florida, where the [Cherokee](#) and [Iroquois](#) soon learned to grow them. Cherokee and Iroquois traders sold peach seeds further west, and peach seeds gradually crossed North America to meet up with peach trees planted by Spanish settlers in [Arizona](#) and California.

To find out more about peaches, check out these books from Amazon.com or from your library:



[Food](#), by Fiona MacDonald and others (2001). For kids, facts about food from all over the world. A little preachy.

[Food in Antiquity: A Survey of the Diet of Early Peoples](#), by Don and Patricia Brothwell (1998). Pretty specialized, but the book tells you where foods came from, and how they got to other places, and what people ate in antiquity. Not just Europe, either!

[Food: A Culinary History from Antiquity to the Present](#), by Jean Louis Flandrin, Massimo Montanari, Albert Sonnenfeld. (1996). Hard going because it is translated from French, but Flandrin was one of the world's great food historians.

Strange Peaches - Edwin Shrake (*Paperback*) *PROBABLY NOT A KIDS BOOK*