



## It's Peach Season in South Carolina

South Carolina (June 15, 2017) – In case you're a little fuzzy regarding the facts about peaches, we're here to let you know that while other states may brag about their stone fruit, South Carolina is the nation's leading [peach producer](#) and shipper east of the Mississippi River.

Yes, California technically grows more of these sweet treats, but it's also five times the size of South Carolina ... so when we do the math, we think the Palmetto State has some legit bragging rights. And though Georgia has the nickname "The Peach State," there's a single farm here that produces nearly as many peaches as its entire neighboring state. We like a little healthy competition (speaking of that, more about the health benefits of peaches later on) ... so residents of South Carolina like to say we're "The *Tastier* Peach State."

The peach is such an important part of the culture, economy and history of South Carolina – some farms are run by the third, fourth or fifth generation of their founding families – that in 1984 the state legislature declared it the official state fruit. Peach season runs roughly from Memorial Day to Labor Day, making our favorite fruit a true part of summer traditions. So as summer officially kicks off next week, we want to provide some tips about how to coordinate a visit to South Carolina that's just peachy.

The largest peach grower in the state – and the second biggest in the nation -- is [Titan Farms](#), located in Edgefield County in the [Old 96 Tourism District](#) on the western side of the state. Its employees live and breathe peaches and are eager to share tips about selecting and storing the fruit for maximum enjoyment. They'll also ship peaches throughout the country, including to Georgia and California ... just in case residents of those states want to conduct taste tests to determine if our claims are true. Titan Farms is generous with recipes, too, regularly sharing favorites on their website.

On the subject of recipes, visitors to [Sanders Farm Stand](#) – located in the tiny town of Filbert in the [Olde English Tourism District](#) in the northwestern part of the state – have the privilege of

meeting Dori Sanders. She's not telling her age, but suffice it to say that her family has been operating their farm and market for generations, and she's been there for a good bit of it. At her open-air peach stand, Dori doesn't just sell fruit; she also signs and sells her own cookbook, *Dori Sanders' Country Cooking Cookbook*, and readily offers guidance about the best ways to make memorable dishes with her favorite fruit. The Sanders family picks all their peaches daily and never refrigerates them, ensuring that the fruit maintains the best flavor.

About 80 miles away in the town of McBee, [McLeod Farms](#) is celebrating the 101<sup>st</sup> year of its operation, which is the largest in the Olde English District. They have two roadside markets, one the traditional farm stand and the other a destination unto itself. Besides selling fresh-picked peaches, the larger location has a full market filled with peach preserves, butters, ciders, pickles, dessert peach halves, BBQ sauce and salsa, and many of those items can be shipped nationwide. McLeod Farms also offers fresh baked goods – some with peach, some with other fruits and veggies – and even some savory selections. Their peach enchiladas – a sweet surprise in a tortilla shell – are especially addictive. The market and its attached free Antique Museum provide folks with a fun place to stretch their legs a bit enroute to Myrtle Beach.

For more juicy details about these fascinating parts of South Carolina, please visit [www.sctravelold96.com](http://www.sctravelold96.com) or [www.oldeenglishdistrict.com](http://www.oldeenglishdistrict.com). Both regions are full of stories like this, just waiting to be discovered and shared.

### **Fun (and Fuzzy) Facts about Peaches**

- Weather is the most critical factor to a peach. A temperature difference of just one or two degrees can make or break an entire crop.
- Some growers report up to 50 different varieties of peaches in the state.
- Peaches are 80 percent water and a great source of dietary fiber, Vitamins A and C, and iron. They're also free of fats, saturated fats, sodium and cholesterol.
- A medium-sized peach contains only 35 to 60 calories. (Until you add the butter and sugar and turn them into a delicious cobbler.)
- The peach is a member of the rose family and is also related to the almond.
- Peaches are said to be the “calming” fruit, reducing anxiety in people who eat them.
- Peaches found their way to the United States via Asia. There are records of peaches in China more than 3,000 years ago.
- Today you can find peaches in more than 60 countries ... but we're betting none taste better than what you'll find in South Carolina.

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