

Nectarines

- Store nectarines at room temperature until they're ripe. To check if the nectarine has ripened, press it gently. If your hand leaves an impression on the fruit, then your fruit has ripened.
- Move ripe nectarines to the fridge. Put them in a plastic sealed bag in the crisper drawer.
- Eat your ripe nectarines within 5 days. If your nectarines have developed wrinkly skin, they are over-ripening and dying.

Nectarines are rich in fiber, vitamin A, vitamin C, and potassium. These nutrients may offer health benefits in terms of improved metabolism, digestion, and heart health.

