

Fruit Scoops

Saving Summer In A Bottle

(NAPSA)—Here's delicious news to contemplate the next time you bite into a fresh nectarine and wish you could savor that taste all year round. You can now find the flavor of nectarines in a bottle of juice.

A patent-pending process means the manufacturer can extract the juice from the nectarine and bottle it so it preserves the great taste and nutrition of fresh nectarines all year round.

A nectarine is an all-natural version of the peach, and like peaches, was first cultivated in China. Nectarines were also grown in ancient Persia, Greece and Rome. Trade routes took the nectarine through Greece, where residents thought nectarine juice was so tantalizing they called it the "drink of the gods," or "nectar," the word from which nectarine is derived.

It's believed that the Spaniards brought the nectarine to the U.S. in the 19th century. The modern nectarine industry emerged in California in the 1950s when fragile, older varieties were crossbred with peaches to develop hardier, more flavorful fruit that could be shipped commercially.

Compared to peaches, nectarines generally have more red color in the skin, a rounder shape, smaller size, more sugars and a much higher density. They are available in both white and yellow varieties.

By drinking only 8 ounces of 100 percent nectarine juice a day, you'll get two of the five servings of fruit the USDA recommends. The juice is even sold near the fresh fruits in your supermarket's produce section.



The nectarine has been called one of nature's most tantalizing and nutritious fruits—now you can enjoy it as a juice.

Nectarine juice is preferred by many to orange juice for several reasons:

- It's less acidic than ordinary orange juice and the smooth, light and refreshing taste is easy to drink all day long.
- Nectarine juice is high in potassium, vitamin C, antioxidants and phytonutrients, rich in beta-carotene, fat free, cholesterol free and contains malic acid, which helps muscle function.
- What's more, it offers less: An 8-ounce serving has only 90 calories, nearly 20 percent fewer than orange juice.

Called Sun Shower 100% Pure Pressed Nectarine Juice, it comes in 12-oz and 28-oz containers and in three flavors: Nectarine, Nectarine Berry and Nectarine Mango. There's no added sugar or preservatives.

For more information, visit www.nbjuiceworks.com.