



Harvest of the Month!

Plums

Plums may have been one of the first fruits domesticated by humans. Plums have been traced to East Europe, the Caucasus mountains and Asia. There are at least 125 different varieties of plums, in a wide range of colors! A dried plum is usually called a prune. Plums have a thin outer skin that sometimes tastes a bit tart, but hides sweet delicious flesh.

If you like plums, also try pluots and/or aprium — a cross between a plum and an apricot. Pluots are 75% plum and 25% apricot, that look like a plum and can taste even sweeter. Apriums are 25% plum and 75% apricot that resemble apricots on the outside but can taste sweeter.



Did you know...?

- Washington State ranks 3rd in the U.S. production of plums after California and Oregon?
- Plums have a natural dusty-white coating that protects the fruit. It is edible
- While dried plums are usually called “prunes”, a prune is actually a type of fresh plum.

Healthy Serving Ideas:

- Pack whole ripe plums in lunches or enjoy as afternoon snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums, and apricots.
- Top lowfat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with lowfat milk and ice. Or, substitute milk with lowfat frozen yogurt.

(Healthy Serving Ideas: courtesy of Network for a Healthy California Harvest of the Month Program)



Selecting and Storing Plums

- Choose plump plums with a solid color (red, green, yellow, purple, black) and smooth skins.
- Plums should be firm, but give slightly to gentle pressure. Avoid bruises and soft spots.
- Store plums in refrigerator for up to 5 days, or ripen too-hard plums in a bag in the room temperature for until ripe.

Nutrition Information

Excellent source of Vitamin C:

- Vitamin C helps the body heal cuts and wounds
- Vitamin C in plums and prunes (dried plums) helps the body to absorb more iron from foods!

Other notable nutrients:

- Vitamins A & K
- Fiber
- Potassium