

**Today the
Fresh Fruit
and Vegetable
Program presents
to you...**

Plums

What are they?

- ◆ There are thousands of plum varieties grown all over the world and over 140 of them grown in the U.S.
- ◆ Each variety varies in its flavor, color, size, and shape
- ◆ The two main categories of plums include...
 - ◇ Japanese plums, which have a juicy yellow inside and a reddish colored skin on the outside
 - ◇ European plums, which are sweeter yet smaller and less juicy than Japanese plums and have a bluish purple skin on the outside

When are they available?

- ◆ Harvested in the U.S. starting in late May through the mid-October

What's so cool about them?

- ◆ Once picked plums will only continue to get softer, not sweeter
- ◆ Japanese plums have been in the U.S. since 1870 and have recently become very popular
- ◆ European plums are considered “freestone” plums because their pit comes out easily making them a great on the go snack
- ◆ Japanese plums are considered “clingstone” plums because their pit does not come out easily
- ◆ European plums are often dried and made into prunes

Why should I eat them?

- ◆ Excellent source of vitamin C, which helps boost your immune system and promote wound healing and collagen formation
- ◆ Good source of...
 - ◇ Fiber, which helps lower bad cholesterol and promotes digestion
 - ◇ Vitamin A, which is good for your eyes and skin
 - ◇ Vitamin K, which helps with blood clotting

Need some recipe ideas?

- ◆ Plum Jam
- ◆ Plum Sauce for Pancakes

Nutrition Facts	
Serving Size 1 cup sliced raw plum	
Amount Per Serving	
Calories 76	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	9%
Sugars 16g	
Protein 1g	
Vitamin A	11%
Vitamin C	26%
Calcium	1%
Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Resources:
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