

# — 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, and 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.



## Why should I eat them?

- Plums are an excellent source of vitamin C, which helps boost your immune system and promote wound healing and collagen formation.
- They are also a good source of fiber, which helps lower bad cholesterol and promotes digestion.
- They also contain Vitamin A, which is good for your eyes and skin, and Vitamin K, which helps with blood clotting.

