

Plums

Benefits of plums:

- High in Vitamins A and K
- High in Vitamin C
- High in antioxidants to prevent heart disease and some cancers.

When are they in season?

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

Food Safety for plums

Cut out damaged or bruised areas.

Store plums in the refrigerator.

Separate plums from meat. Use different cutting boards for meats and fruits.

Did you know... Once picked, plums will only continue to get softer, not sweeter.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Www.facebook.com/sprinklesandsprouts. (2019, May 10). Roasted Plums with Thyme and Brown Sugar. Retrieved January 18, 2021, from https://www.sprinklesandsprouts.com/roasted-plums-thyme-brown-sugar/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=303218454_8652236_216663
Pictures: Creative Commons

Elena Garcia, UWGB Dietetic Intern: January 2021

Roasted plums with thyme and brown sugar:

Serves: 4

Ingredients

- 6 plums
- ¼ cup brown sugar
- 6 thyme sprigs
- ½ cup water
- Pinch sea salt.

Directions

- Pre-heat oven to 200°C/400°F.
- Cut each plum in half and carefully twist them apart.
- Use a spoon to gently remove the stone.
- Pull the tips from the end of the thyme and reserve for serving then place the thyme sprigs in the bottom of a roasting dish.
- Place the plum halves on top of the herbs cut side up.
- Sprinkle the brown sugar over the plums, then carefully pour the water around the plum.
- Roast for 15 minutes until the plums are soft and a rich syrup has collected in the bottom of the dish.



Other ideas:

- Plum Jam
- Plum cobbler