



Plums

Serving Size per Meal Contribution: 1/4 cup fruit, quartered
 1 lb AP = 2 2/3 cups unpeeled, pitted raw plum
 1 lb AP = About 10.7 -1/4 cup servings
 1 lb AP = About 5 whole, raw plums
 Peak Availability: May until mid-October

The plum is a drupe—a pitted fruit—related to the nectarine, peach, and apricot, but the plum is far more diverse than its relatives, coming in a wider range of shapes, sizes and especially skin colors. Its flavors also vary from extremely sweet to quite tart.

Pick and Prep Appropriately

Buy firm plums and let them ripen at home. This fruit will not get sweeter as it softens, but it will get juicier. When the flesh is slightly soft at the stem end and tip, the fruit is ready to eat. Ripe plums will keep in the refrigerator for four or five days.

As with all fruit that you eat without peeling, wash plums and pears before eating. They will be the sweetest and juiciest when you eat them at room temperature.

A Healthy Choice

These fruits can help promote total nutrition and add variety to meals and snacks. Plums are low in calories, low in fat, and a good source of vitamin C and potassium. They can add significantly to a healthy diet.

Many Menu Options

Plums are especially colorful and can make an attractive salad. Or they can be made into a puree and added to desserts such as cakes, custards, or frozen desserts. They can also be baked or poached.

Plums are delicious eaten as is. If the plums have been in the refrigerator, allow them to approach room temperature before eating them as this will help them attain the maximum juiciness and sweetness. If you want to first remove the pit before eating or cooking, cut the plum in half lengthwise, gently twist the halves in opposite directions and then carefully take out the pit.

Plums can also be used in a variety of recipes and are usually baked or poached. If you want to remove the skin, this process can be made easier by first blanching the plum in boiling water for 30 seconds. Once you remove the fruits from the water, quickly run them under cold water before peeling to stop the blanching process and allow for easier handling.

Nutrition Facts			
Serving Size 2 medium (151g)			
Amount Per Serving			
Calories 70		Calories from Fat 0	
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	19g	6%	
Dietary Fiber	2g	8%	
Sugars	16g		
Protein	1g		
Vitamin A	8%	Vitamin C	10%
Calcium	0%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4 Protein 4



Recipes

Berry Plum Salad

This new take on fruit salad is as pretty as it is tasty!

Preparation time: 15 minutes plus time to marinate

Serves: 4

Fruit per Serving: 1 Cup

Ingredients:

- 1 ½ cups strawberries, quartered
- 1 cup blueberries
- 1 cup raspberries
- 1 cup orange, segments
- 1 cup plums, diced and seeded
- 4 teaspoons honey
- 1 teaspoon mint, Chiffonade*
- 1/8 teaspoon anise seed

- Mix all ingredients together and allow to marinate for 30 minutes.

* Chiffonade is a cooking technique that produces long, thin ribbons, usually of herbs or greens. The leaves are usually stacked, rolled, and sliced in the direction of the roll. The French word is literally translated as “made of rags.”

Each serving provides: An excellent source of vitamin C and fiber.

Credit: This recipe was developed by The Culinary Institute of America as an industry service for Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards.

Nutritional Information per Serving

Calories: 109	Carbohydrates: 27g
Total Fat: 0.7g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 6g
% of Calories from Fat: 5%	Sodium: 2mg
Protein: 2g	

Ideas..

Plum Dippers. Choose the largest plums you can find and cut into thin slices. Dip in low-fat vanilla or honey yogurt for an easy finger food that kids will love!

Violet Smoothie. Freeze pitted plums and toss them into a blender along with other frozen fruits. Add 100% fruit juice and blend away for a tangy frozen treat.

Plums & Couscous. Combine whole wheat couscous, apples, lemon juice, and dried plums to create an aromatic salad that can be served as a light main course for lunch, or as a side dish with grilled steak or salmon.

Main Course. Stir-fry meals pack all ingredients into one delicious main course. Combine a lean protein, walnuts, brown rice, celery, peppers, and other favorite fruits and vegetables, then mix in ginger and low-sodium soy sauce ... and enjoy!

By the Bite. Enjoy plums as nature intended, right off the tree!

Plum Kabob. Ever tasted a warm plum? Layer plums with bell peppers, red onions, corn, and boneless chicken, then lightly coat with low-sodium soy sauce and heat on the grill or oven until chicken is cooked.

