

# Fun Facts about

## APRICOTS

- Apricots are rich in potassium, phosphorus, and beta carotene. They also provide calcium, iron, magnesium, vitamin C, and folate.
- Antioxidants give apricots their beautiful orange color.
- Apricots originated in China, where it was first cultivated about 4,000 years ago.
- Apricot means "precious" in Latin.
- In 2021 41,740 ton of apricots were grown in the US w/ Washington being the second

