



Harvest of the Summer

PLUMS

Nutrition Information

- Plums are a good source of Vitamins A, B, and C.
- They are high in antioxidants and potassium.
- Plums are also rich in iron, calcium, and phosphorus.
- Additionally, they are high in fiber.

Selection and Storage

- When selecting plums, look for ones with a solid color.
- Choose firm plums that yield slightly to gentle pressure.
- To ripen hard plums, place them in a paper bag at room temperature for up to three days.
- Store ripe plums in a bowl in the refrigerator and cover them with plastic wrap to maintain their ripeness for up to 5 days.

Fun Facts

- Plums have origins in Eastern Europe and Asia. Oso berries are plums native to Washington, and a traditional food of the Coast Salish peoples.
- Plums are one of the first fruits domesticated by humans, going back to the Neolithic period.
- Washington State is 3rd in plum production in the US.
- There are over 2,000 varieties of plums worldwide, but only 140 varieties are grown commercially in the US.
- Plums are "stone fruits," because of their inner stone shaped pits.
- They come in various colors including red, purple, black, light green, and yellow.
- A plum tree can yield up to 300 lbs. of fruit a year.



Recipes

- [Telly's Tasty Plum Salsa - National CACFP Association](#)

Plums are great to serve to students fresh or dried. While there aren't many credible recipes available that incorporate plums, they are great in jams, sauces, chutneys, and more. You can craft or modify your own plum recipe; just ensure its credibility by utilizing the [USDA Recipe Analysis Workbook \(RAW\)](#).



Educational Resources

- [WSDA Plums Handout](#)
- [Harvest of the Month Educator Newsletter: Plums - California Department of Public Health](#)
- [Harvest of the Month Family Newsletter: Plums - California Department of Public Health](#) – Also available in [Spanish](#) and [Simple Chinese](#)
- [Plum Lesson Plan – Healthy South Dakota](#)
- [Oklahoma Fruit of the Month: Plums – Ag in the Classroom](#)
- [Harvest of the Month Video: Plums - Buena Cocina Nutrition Education Program](#)
- [Plum Growing Guide Video – Raintree Nursery: Morton, WA](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).