



## 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 grain-based deserts, 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](#)
- Seattle Public School and Public Health King County - Washington Grown Harvest of the Month kit includes a [10-month calendar featuring Washington Grown foods](#) that are available from September – June; a Bulletin Board that you can use to rotate food [image cards](#), and [Educator flyers](#) to highlight your harvest of the month.
- [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](#)
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**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](#).**