



Harvest of the Month

PLUOTS

Nutrition Information

- High in Vitamin C, which helps boost the immune system, and Vitamin A, important for vision and skin health.
- Contain potassium, which aids in maintaining healthy blood pressure.
- Good source of dietary fiber, which supports digestive health.
- Rich in antioxidants.

Selection and Storage

- Look for pluots that are firm with a slight give when gently pressed.
- The skin should be smooth and free from blemishes.
- Store ripe pluots in the refrigerator for up to a week.
- To ripen hard plums, place them in a paper bag at room temperature for up to three days.

Fun Facts

- Called "stone fruits," because of the pit inside and an edible dusty coating that protects the fruit.
- Washington State is known for producing high-quality stone fruits, like pluots due to the sunshine and well-drained soil of Eastern Washington.
- Pluots are a hybrid fruit created by crossing plums and apricots developed by Floyd Zaiger in the 1980s. It is 60% plum and 40% apricot.
- There are over 25 varieties of pluots, including the Dapple Dandy, Flavor Grenade, and Splash.
- Some varieties are so sweet they taste like candy.
- Pluots are sometimes called "dinosaur eggs" due to their speckled skin.



Recipes

- [Telly's Tasty Plum Salsa - National CACFP Association](#)
While there aren't many credible recipes available that incorporate pluots, it is great fresh, or in jams, sauces, chutneys, and more. Pluots can easily be substituted in any recipe that calls for plums. You can craft or modify your own plum or pluot recipe; just ensure its credibility by utilizing the [USDA Recipe Analysis Workbook \(RAW\)](#).



Educational Res

There are no current resources for Pluots. We are providing resources that feature plums since pluots are a hybrid.

- [WSDA Plums Handout](#)
- [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](#)
- [Growing Plums | Cloud Mountain Farm Center & Nursery](#)

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](#).