



## 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, in grain-based deserts, 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 Resources

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

- [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](#)

**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](#).**