



STONE FRUIT

Cafeteria Connection

Tell Me about Stone Fruit

A stone fruit has a pit or “stone” in its center surrounded by a fleshy outer area. There are many kinds of stone fruit. Common types include cherries, peaches, nectarines, plums, and apricots. Blackberries and raspberries also classify as stone fruit! This resource will focus on cherries, apricots, peaches, nectarines, and plums, plus hybrid varieties like pluots and apriums.

Crediting Information

- Stone Fruit contributes to the Fruit meal pattern component by volume served. For example, 1/2 cup stone fruit credits as 1/2 cup fruit.
- When served fresh in school meals, refer to the [USDA Food Buying Guide](#) to obtain meal pattern crediting detail for the specific type of stone fruit.
- Fruits may be fresh, frozen, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength fruit juice, referred to as 100% juice, to credit as a fruit component. Dried fruits, including freeze-dried fruits, credit differently for each program, so please check with your specialist.

Nutrition Facts

The specific nutrient makeup of stone fruit varies by type, but generally, stone fruit is packed with fiber, vitamins A and C, and a variety of antioxidants. These nutrients work together to support the body’s digestive and immune systems. Stone fruit is also generally rich in potassium, an electrolyte that helps build muscle and keeps the heart healthy.

Stone fruit nutrition varies depending on its form; fresh, canned, or frozen. For example, canned peaches may have less fiber than fresh peaches because their skins have been removed. Dried apricots, in contrast, offer more fiber than fresh apricots per gram because some nutrients become concentrated when they are dried. If choosing canned or dried stone fruit, choose options with no-sugar added.



Rainier cherries, credit: WSDA



Selection and Storage

- Most stone fruit is available fresh, frozen, or canned.
- Some types of stone fruit, like plums and apricots, can also be found dried.
- When selecting fresh stone fruit, choose fruit that is plump, firm, and uniformly colored without bruises or soft spots.
- Stone fruits, except cherries, may be firm upon purchase but will ripen at room temperature.
- Cherries should be refrigerated immediately and will last up to 10 days.
- Peaches and nectarines should be stored at room temperature and used within two days of ripening.
- Plums, apricots, apriums, and pluots can be stored in the refrigerator once ripe and will last for up to one week.

Culinary Tips

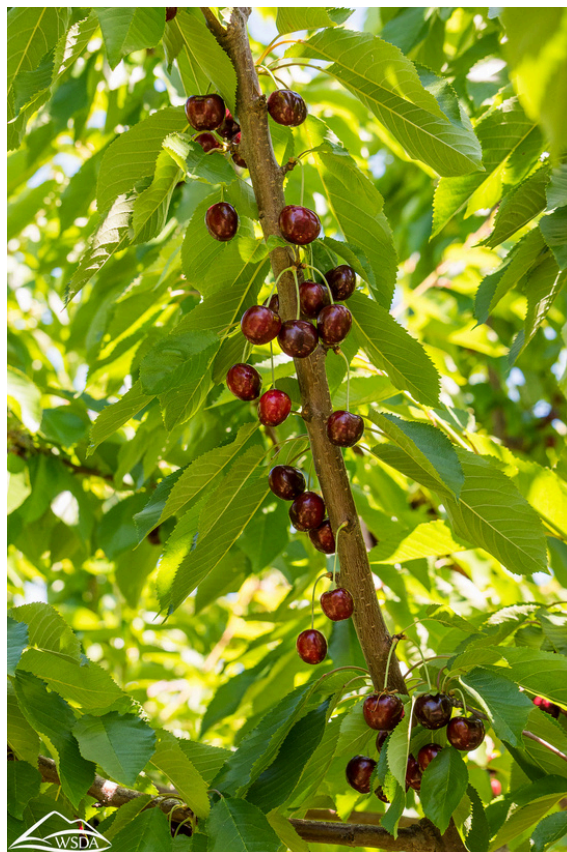
- Whether preparing stone fruit to eat plain or to mix into a recipe, consider leaving the skins on. Stone fruits skins add a tangy, floral flavor, and they carry much of the fruit's nutrients.
- Work with what's seasonally available. Don't be afraid to swap the same volume or weight of nectarines for apricots, or pluots for peaches, or cherries for plums in a recipe.
- Grilling or baking stone fruits transforms them into tender, dessert-like treats with little to no added sweetener needed.

Recipes

- [Peach fruit Salsa USDA Recipe for School](#)
- [Cherry Berry Sunrise Montana Recipe for Schools](#)
- [Peach and Yogurt Smoothies USDA Recipe for Child Care Centers](#)
- [Peachy Oatmeal Bake USDA Recipe for Child Care Centers](#)
- [Toasted Pita Wedges and Apricot Dip USDA Recipe for Child Care Centers](#)

Sourcing

- Find [peaches](#), [nectarines](#), [apricots](#), [apriums](#), [plums](#), [pluots](#), and [cherries](#).



Cherries on branch, credit: WSDA



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