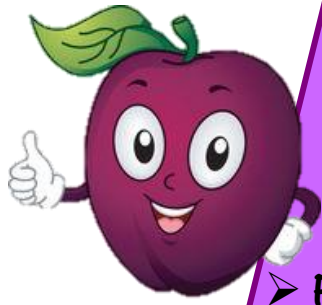


SNACKBITE



Plum

- In the U.S., California, Oregon, Washington, Michigan and Idaho are the top plum producing states.
- A relative of the peach, plums come in a variety of colors with a flavor that ranges from sweet to tart.
- Plums provide Vitamins A and C, and Potassium. Potassium helps regulate fluids and mineral balance, transmit nerve signals and contract muscles.
- Plums and Apricots are often crossed together to create a hybrid fruit with desired qualities from different parents.
 - A “plumcot” is 50% plum and 50% apricot.
 - An “aprium” is 75% apricot and 25% plum.
 - A “pluot” is 75% plum and 25% apricot.
- Pluot (ploo-ott) is a plum crossed with an apricot. They are sweeter than plums and have varieties grown with fun names such as Dinosaur Egg!
- Dried plums are often called prunes.
- 5 dried plums are a good source of Vitamin K which helps our body clot blood when we get a cut and make protein needed for our blood, bones and kidneys.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.