

# Plums



## Key Points

- ▶ A rich source of vitamin C and vitamin K. Contain carotenoids and flavonoids that may be good for health.
- ▶ Choose plump plums with smooth skins. Avoid bruises and soft spots.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Ripen on the counter first, then store in the refrigerator up to seven days.

## Quick Tips

- ▶ Freeze pitted plums and toss them into a blender along with other frozen fruits. Add 100 percent fruit juice and blend away for a tangy frozen treat.
- ▶ Plums are a perfect size for young children to eat and a great way to add purple to a colorful meal.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ Combine plums, strawberries, blueberries, raspberries, oranges, honey, and mint to make an appetizing fruit salad for a snack or dessert.

## Roasted Fruit

Number of servings: 6

### Ingredients:

2 peaches  
2 nectarines  
2 plums  
2 sprigs fresh rosemary  
2-3 tablespoons sugar, depending on sweetness of fruit  
1 tablespoon canola oil  
1 tablespoon fresh lime juice  
vanilla ice cream

### Directions:

- ▶ Heat oven to 400°F. Prick skins of peaches, nectarines, and plums with a fork, cut in half and remove pits.
- ▶ Chop into bite-size pieces and add to bowl. Toss in rosemary sprigs. Sprinkle sugar on top and drizzle oil and lime juice over all.
- ▶ Layer in a 9-by-13-inch roasting pan and roast fruit at 400°F until fork-tender, 15-20 minutes. Discard rosemary.
- ▶ Serve fruit warm with a dollop of ice cream.

**Per serving:** 100 calories; 4 g fat (1 g saturated fat); 1 g protein; 16 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 45 mg sodium.

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP – and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University  
Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.