The apricot is a native of China and has been cultivated for over 4,000 years.

Apricot trees are drought resistant and live long life—100 years plus.

But the fruit is highly perishable and for full-flavor must be tree ripened.

In 1778 Thomas Jefferson was growing apricot trees at Monticello.

In Latin, apricot means ‘precious’, a label earned because it ripens earlier than other summer fruits.

It’s a relative of the peach, but smaller and has a smooth oval pit that falls out easily when the fruit is halved.

California harvested 77,300 TONS of apricots in 2003.

They have high fiber and very low calories.

Dried apricots are an excellent source of potassium, iron, Vitamin C and calcium.