Plum trees are grown on every continent except Antarctica.

There are actually a large number of plum varieties, more than 140. One is the European plum discovered 2000 years ago near the Caspian Sea.

Pilgrims brought them to America and then found wild plums growing along the eastern coast. Now the United States is one of four main producers of commercially grown plums.

Plums are high in vitamin C and a good source of vitamin A, B2 and potassium. They are a good source of fiber and loaded with antioxidants.

A dried plum is known as a prune.

You probably know plums from the nursery rhyme “Little Jack Horner.”

Plum Pudding is a traditional Christmas dessert.

Plums are closely related to peaches, nectarines and apricots.