Sugar plums are widely associated with Christmas through cultural phenomena such as the Sugar Plum Fairy in The Nutcracker and the line “visions of sugar plums danced in their heads” from the storybook “Twas the Night Before Christmas”.

- Plums grow on trees like apples or peaches.
- They are a great source of Vitamin A, Vitamin K and Vitamin C. They also aid in digestion.
- Plums are juiciest when served at room temperature. It’s flavors vary from extremely sweet to quite tart.
- They are related to the nectarine, peach and apricot.
- Prunes are dried plums.
- Their sweetness comes from natural sugars that are digested slowly, giving plums a low glycemic index.