

Sugar Plums



- ◆ 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.