

PLUMS



- ◆ 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.