



PLUMS FROM CHILE

Demo Tips

Plums are YUM! And they're available from December - April thanks to Chile.

Plums in winter? That's right. When it's winter here, it's summer in Chile, so you can enjoy plums year-round.

Did you know...

- Plums grow on trees like apples or peaches. There are thousands of varieties of plums grown throughout the world, and they come in colors ranging from yellow to orange to red and purple.
- Plums are the perfect low-calorie snack. One plum, weighing about two ounces, has only 30 calories.
- A medium fresh plum contains 113 mg of potassium, which helps to manage high blood pressure and reduce your risk of stroke.
- Plums have a low glycemic index, so eating plums can help you control your blood sugar and reduce the risk of type 2 diabetes.
- The plum also contains lutein, an antioxidant which may help promote skin and eye health.

The Perfect Plum

- When looking for the perfect plum, **engage your senses**. Look for plums that are vibrant in color, with no brown spots, discoloration, wrinkles or scars. **Smell** the fruit! It should smell slightly sweet when ripe. **Touch** the plum, and choose one that yields gently to your touch.
- If you buy plums that are not quite ready to eat, place them in a brown paper bag for 1-2 days and store at room temperature. Storing in the refrigerator will slow down the ripening process.

A Versatile Fruit

- The plum is so versatile! Eat it raw as a snack or try it diced in fruit salads. Blend skinned and chopped plums with greek yogurt, strawberries and honey for a fruit-filled smoothie. You can also stew plums or bake them into pies and cakes.
- To freeze plums, wash and slice the fruit before arranging on a baking sheet. Place in the freezer until the slices are frozen, and then transfer to a freezer bag.

What are Plumcots and Pluots??

You may have seen these in your local supermarket and thought "What's that??" Well, they're both hybrids between a plum and an apricot. As a rule, the term plumcot refers to varieties that are about half apricot and half plum, while a pluot is about 3/4 plum and 1/4 apricot.