



Plums are one of the oldest fruits cultivated by humans. Plums were made into wine, jam, and sometimes dried and used as medicine. Plums are high in fiber and often used today to help regulate the digestive system.

Word Search!

D W I H J E M S R M I G
 B I J V N J Y M E K J A
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 P S R E S A I B R E S T
 L L M Z R T L R H X M A
 A K U Y E P I N A Z H M
 O N C M B R S V T F I I
 A K I X I K P T E V B N
 N F Z H F H Z V O Q Z S
 Y S R O C I S R U C J I
 N F R U I T I P T Z W L

China, digestive, fiber, fruit, plum, red, Serbia, stone, system, vitamins

Which nutrient do plums have a balanced amount of numerous types?

- A. Minerals
- B. Vitamins
- C. Metals
- D. Sugars

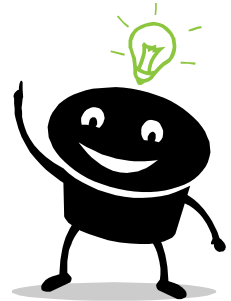


Answer: B, vitamins. Plums have a well-rounded amount of different vitamins.

Fruit of the Day.. Red Plums!



Red plums are a round stone fruit with a deep to bright red skin and a yellowish to reddish flesh. They have a sweet and spicy flavor. They can be used as a colorful addition to fruit and lettuce salads, desserts and baked goods, and even used in ice cream.



Spicy Baked Plums

Ingredients: • 4 red plums halved and pitted • ½ cup orange juice • 2 tbsp brown sugar • ½ tsp ground cinnamon • 1/8 tsp cumin • 1/8 tsp ground nutmeg • 1/8 tsp ground cardamom

Preheat oven to 400°F and grease a shallow baking dish with cooking spray. Put plums, cut-side up, in a single layer in the baking dish. Wisk the orange juice, brown sugar, cinnamon, nutmeg, cumin, cardamom in a bowl. Drizzle over plums and baked for 20 minutes.

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Did You Know

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China produces a little over 10 times more plums than the second largest producer, Serbia.