



*Pick it! Try it! Like it!*

## PLUM

### *Pick it!*

Plums come in many colors and varieties.

If the flesh is beginning to soften when gentle pressure is applied, it is ready to eat. If not, allow it to ripen for a day or more at room temperature, checking for ripeness daily.

Ripe plums can be stored in the refrigerator a few days until eaten.

### *Try it!*

Fresh plums are often eaten fresh as snacks and are great raw.

The plum is also attractive in salad or fresh fruit parfaits.

They may be baked, and poached (cooked in a liquid), or added as a puree for sauce for desserts.

Plums and plum sauce help to naturally sweeten and give more flavor to meats; it pairs especially well with pork.



### European & Japanese

- Commonly used for eating as well as drying into prunes
- Have purple or blue-ish skin, yellow to blue flesh



### Cold hardy hybrids

- Developed for Northern states



### Prune

- A type of dried/dehydrated European plum
- Made by removing pit and dehydrating plums

## Nutrition Notes

All body cells contain potassium, especially muscle cells, and in fluid between the cells. Sodium and potassium create a balance in the body to make muscles contract, transmit nerve impulses, and regulate blood pressure and heartbeat. People with hypertension may lower blood pressure by consuming a diet low in sodium and high in potassium (fruits and vegetables). Meat and dairy products also contain potassium.

Nutrition Facts	
Serving Size (165g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 1g	
Vitamin A 10%	Vitamin C 25%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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### Plum Sauce

#### Ingredients

- 12 ounces canned plums in heavy syrup (1/2 of a 30 ounce can)
- 1/2 cup reserved juice from canned plums
- 3 Tablespoons white wine vinegar
- 1 teaspoon brown sugar
- 1/8 teaspoon garlic powder
- A pinch of ground ginger
- 3 Tablespoons water

#### Directions

1. Remove plums from the syrup, cut in half, remove pits and chop into pieces.
2. Combine plums and all remaining ingredients in a small saucepan. Bring to a boil, then reduce heat and simmer for about 30 minutes, stirring occasionally.
3. Plums will fall apart and sauce will start to get thick.
4. Serve over pork chops, chicken breast, even meatloaf.
5. This recipe makes 5-6 servings, and leftovers may be refrigerated.

Yields 6 servings.

Nutrition Facts per Serving:

Calories 70g; Fat 0g; Cholesterol 0mg; Sodium 10mg; Carbohydrates 18g; Sugar 14g; Fiber 1g; Protein 0g

Sources: <http://ohioline.osu.edu/hyg-fact/1000/1404.html> Recipe by Allison Wagner

