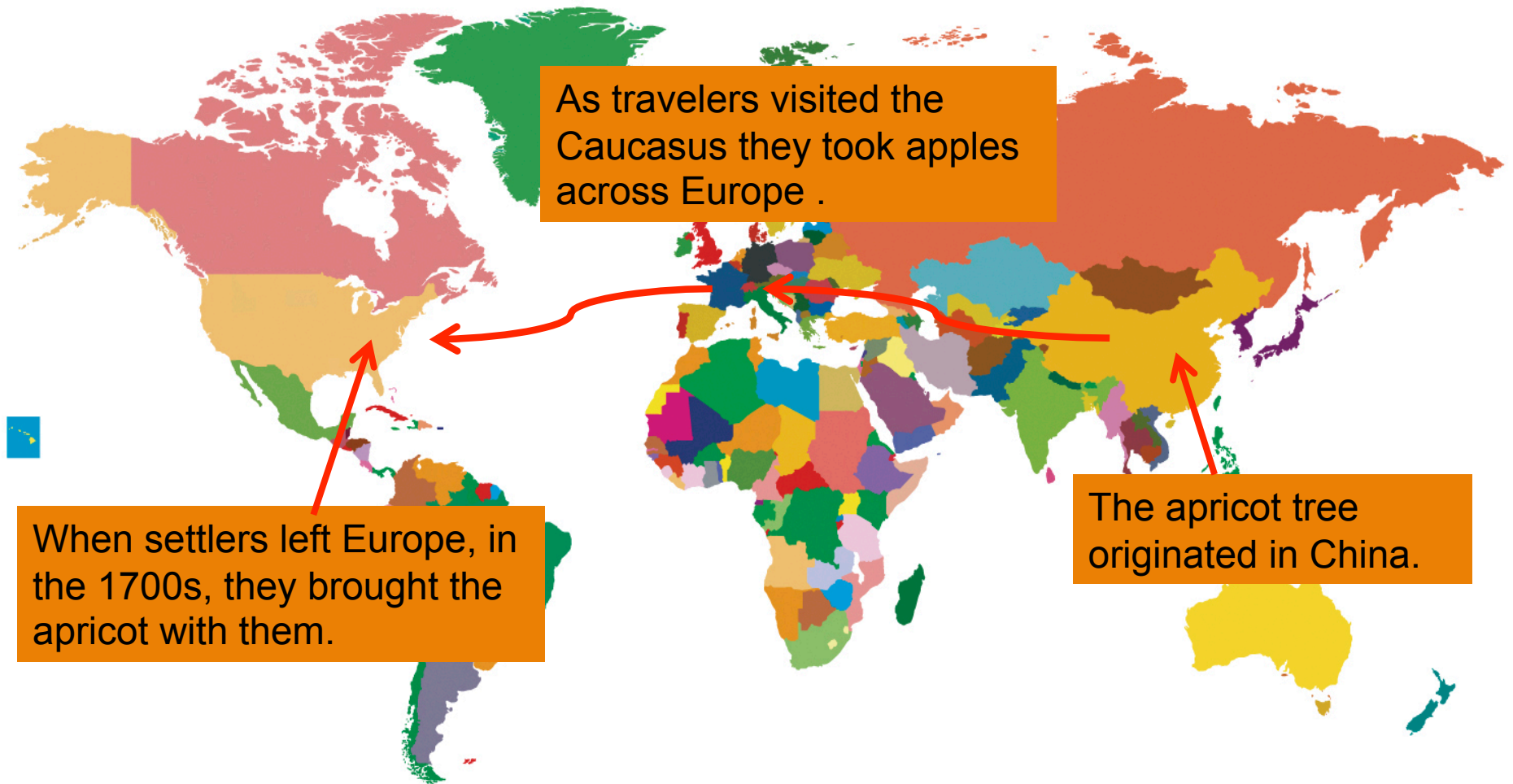




**Apricots**

# History about **apricots**



# How do **apricots** grow?

Apricots grow on trees.

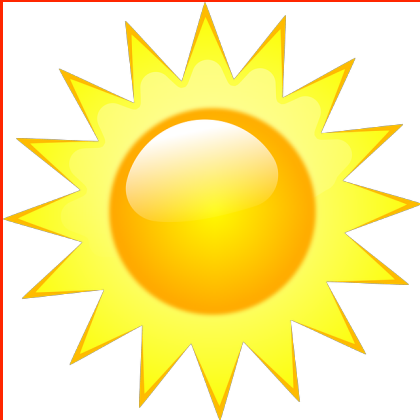


After  
pollination,  
we eat the  
swollen fruit.

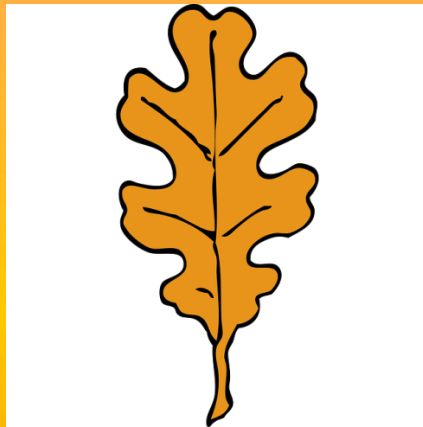


# What season do we pick **apricots**?

Summer



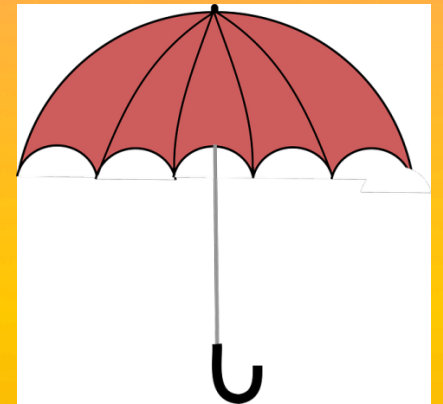
Fall



Winter



Spring



Apricots are usually picked from mid to late summer.

# Why should we eat apricots?

## Fiber



Healthy digestion,  
cleans out your system

## Vitamin C



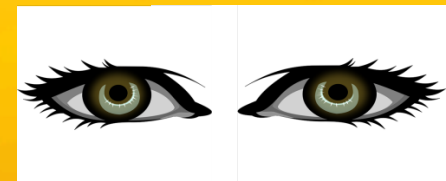
Healthy immune system  
(prevents colds)

## Potassium



Healthy muscles

## Vitamin A



Healthy eyes

# How do you pick a good apricot?

- Apricots should be firm and have a consistent yellow/orange/red color.
- Avoid those with bruises or soft spots.
- Apricots can be stored in the refrigerator for up to a week and should be rinsed before eaten.



Fun fact: California produces over 95% of United States' apricots.

**Lets try some**  
**apricots!**

