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Plums

Nutrition Facts

Serving Size 165 g

Amount Per Serving

Calories 76 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 2g 9%

Sugars 16g

Protein 1g

Vitamin A 11% • Vitamin C 26%

Calcium 1% • 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.

NutritionData.com

One serving is a medium-sized plum.

Plums have Vitamin A for healthy eyes, Vitamin C for a healthy immune system, and fiber for healthy digestion.

Did you know?

1. Native species of plums are found in most of the world's north temperate zones. The American plum (*Prunus americana*) is the only plum tree native to South Dakota.
2. Plums are considered stone fruits, which also include cherries, almonds, apricots, peaches and nectarines. They are named stone fruits because the fleshy fruit is surrounded by a "stone," or pit.
3. Prunes are actually dried plums and have been eaten for centuries.
4. Plums are in peak season during the summer and fall but growing them takes a year-round effort.

Produce Tips

- Look for plums with solid colors—red, purple, black, light green or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to 3 days.
- Store ripe plums in the refrigerator.
- Plums can be plump and round almost like an apple, or they can be oval or tear-drop shaped.
- Most of the plums eaten in SD are labeled either Japanese plums or European plums.



Healthy Serving Ideas for Plums

- Pack whole ripe plums in lunches or as snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums and apricots.
- Top low-fat yogurt with sliced plums and granola.
- Blend plums with low-fat milk or yogurt and ice.
- Chop plums and add them to muffins or your favorite spiced bread recipe.

Plum Recipes



Plum Punch

2 C. diced plums	2 C. apricot juice
2 C. sparkling cider (optional)	1 C. seltzer

Combine ingredients in bowl. Divide among 4 ice-filled glasses, or use frozen strawberries instead of ice.

Plum Gratin with Honey

4 or 5 large plums	2 Tbsp. sugar	2 large eggs
1/2 cup 1% milk	1/2 cup all-purpose flour	1/8 teaspoon salt
1/3 cup coarsely chopped almonds		Honey

Preheat the oven to 425 F. Grease a 9-inch round/oval baking dish. Cut plums in half, pit, and slice into 1/2 inch thick slices. Place slices in prepared dish snugly in single layer of concentric circles. In a bowl, whisk the eggs about 30 seconds. Beat in the milk, flour, and salt for a smooth batter. Pour evenly over the plums. Sprinkle sugar and the almonds on top. Bake 15-20 minutes, or until puffed and golden and the plums have softened. To serve, spoon the warm gratin into small bowls and drizzle honey on top.

Plum Chutney

4 plums (about 1 lb.) pitted and chopped	3 Tbsp. red-wine vinegar
3 Tbsp. honey	Pinch of crushed red pepper (optional)

Combine plums, vinegar, honey and crushed red pepper in a medium saucepan. Bring to a simmer over high heat. Cover, reduce heat and simmer, stirring occasionally, until the plums start to break down, 5 to 10 minutes. Transfer to a blender or food processor and pulse several times into a coarse puree. Serve on crackers.

Plum Salsa

2 large tomatoes, diced	1/2 small red onion, diced
4 plums, pitted and diced	8 sprigs fresh cilantro, chopped (optional)
1 teaspoon minced garlic	1 teaspoon lime juice
1/2 teaspoon salt	1/4 teaspoon freshly ground black pepper
1/4 teaspoon chili powder (optional)	

Mix all ingredients in a bowl; cover with plastic wrap. Refrigerate about 1 hour, or until flavors blend.

Plum Bread

1/2 C. honey	2/3 C. white sugar	1 tsp. vanilla
2 C. all-purpose flour	1 tsp. baking soda	1/4 C. milk
1/4 C. applesauce	1/4 tsp. cinnamon	1 C. chopped plums
1 egg	1 C. walnuts (optional)	1/4 tsp. ground cloves (optional)

Preheat oven to 350°F. Lightly grease a 9x5 inch loaf pan. In a large bowl, blend the egg, honey, sugar, and vanilla. Gradually add milk and applesauce. Mix in the flour, baking soda, cloves, and cinnamon. Fold in the plums and walnuts. Transfer the batter to the prepared loaf pan, and bake 50 to 60 minutes, or until a toothpick inserted in the center of the loaf comes out clean.

Search online for other healthy plum dishes: plum pancakes, grilled plums, plum oatmeal crisp, etc.