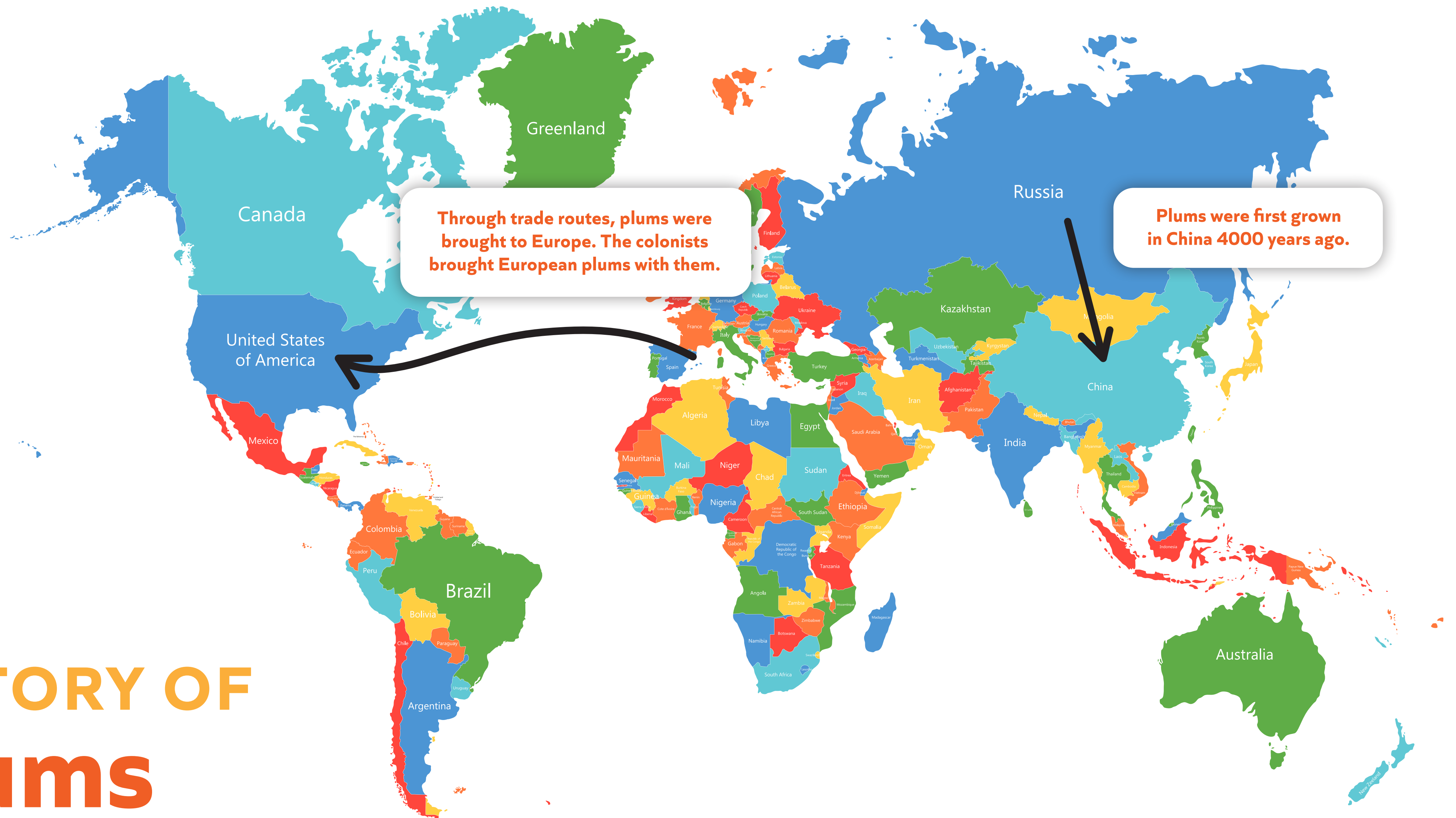


HARVEST OF THE MONTH:

Plums



HISTORY OF Plums





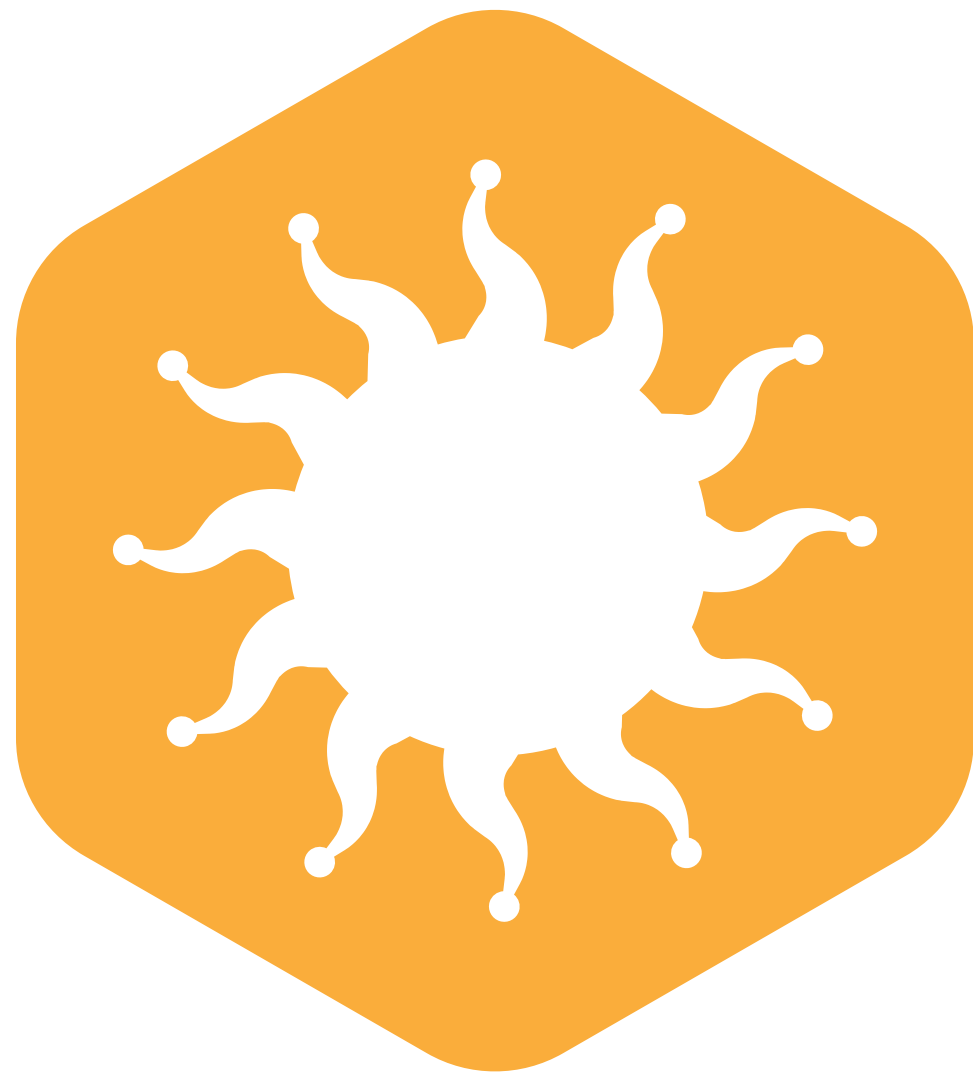
Plum trees have white flowers with five petals. After pollination, the flowers swell to become the plums we eat.

Plum tree flowers blossom before their leaves.



HOW DO PLUMS GROW?

WHAT SEASON DO WE PICK **PLUMS**?



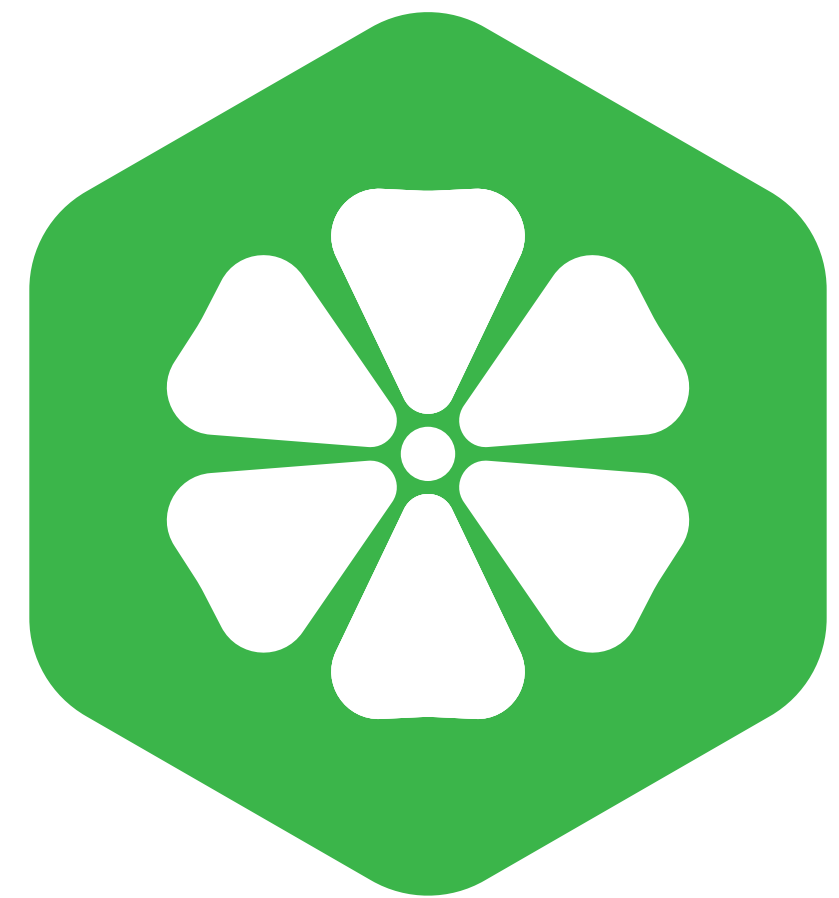
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT PLUMS?

**Healthy immune system
(prevents colds)**



**Healthy digestion,
cleans out your system**



Healthy eyes



HOW DO YOU PICK A GOOD PLUM?

- A good plum has solid color (red, purple, black, light green or yellow).
- Plums should be firm and give slightly when you press them.
- If you get plums that are too hard, put them in a paper bag for a few days to ripen.

FUN FACT: Plums are now the second most cultivated fruit in the world. (Apples are the first.)





LET'S TRY SOME
Plums!

