

# Plums





## SHOPPER'S TIPS

- Look for firm fruit with full color that gives slightly to gentle pressure.
- Avoid fruit that is cracked, soft, or has brown spots.

## FUN FACTS!

- There are more than 140 types of plums sold in the United States.
- Most types have yellow or reddish flesh and skin colors that include red, yellow, green, and purple.

## WHAT IS IN IT FOR YOU?

One medium-sized plum is:

- A source of vitamin C.

## SERVING IDEAS

- Plums are perfect for picnics — just grab and go!
- Add chopped plums to fruit salads.

## PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

## STORAGE

Ripen firm plums in a paper bag for up to three days or until they give slightly to gentle pressure. Store ripe plums in the refrigerator for up to five days.