

October is national Farm to School Month



3 types of local Plums are featured in October

Simpca, Empress and Friar Plums served this month in the cafeteria were grown by Key Farms, outside Milton-Freewater, just 10 miles away.

All about Plums

Botanical facts

- Plums are in the family Rosaceae.
- Prunes are dried plums.
- Like the cherry, apricot, and peach, a plum is a "stone fruit", because it has a hard pit on its inside. Another word for this kind of fruit is "drupe."
- Even though many plums we eat are purple, they can also be red, yellow, green, or almost black!

History

- Like peaches, plums originated in China about 4,000 years ago.
- The species *Prunus salicina* (Japanese plum) originated in China, but was domesticated in Japan 400 years ago.
- John Kelsey, a nurseryman from Berkeley, brought the plum from Japan to California in 1870.
- Early colonists brought the European plum, *Prunus domestica*, to America and pioneers traveled West with it during the Gold Rush.

- There are more than 140 kinds of plums sold in this country!
- Pluots were developed in the late 20th century. A **pluot** is a cross between a plum and an apricot (about 75% plum and 25% apricot heritage). What fruit trees do you think are crossed to get a **plumcot**? How about an **aprium**? See if you can tell by breaking up the sound of the words.

Answer: They're all from the same fruit, but different amounts of each fruit are crossed. Plumcots are 50% plum and 50% apricot. Apriums are 75% apricot and 25% plum.

Source:

http://www.harvestofthemonth.com/download/Summer/Plums/Plums_Edu.pdf



Why eat Plums? ~They're delicious

And Nutritious

- Plums are a good source of Vitamin C, which heals our cuts and bruises and keeps our gums and teeth healthy.
- Dried and fresh plums also contain Vitamin A, which is good for our eyes and skin.
- Purple fruits and vegetables can help improve your memory and can protect against cancer.

In 2004, the world produced 21.6 billion pounds. Plums are produced commercially in 81 countries on 6.4 million acres.

Top 10 plum producing countries (% of world production)	
1. China (45)	6. France (2)
2. USA (7)	7. Chile (2)
3. Serbia (6)	8. Turkey (2)
4. Romania (6)	9. Spain (2)
5. Germany (5)	10. Italy (2)