

# FRUIT/VEGETABLE OF THE MONTH!

## AUGUST'S FEATURED FRUIT IS THE PLUM

### PLUM FACTS:

The plum is a stone fruit or a drupe. It belongs to the same family as peaches, nectarines, and apricots. They can be large or small. The skin can be red, purple, green, yellow, or orange and the flesh can be pink, yellow, or orange.

Plums can be eaten fresh or dried. Dried plums are called prunes and are known for improving certain health conditions, including constipation.

More than 2000 varieties are grown all over the world. China is the leading producer of plums, followed by the United States, Serbia, and Romania. California is the primary producer of plums within the U.S.

Plum trees usually grow 10 to 20 feet in height and develop a crown of the same dimension. Trees can survive up to 20 years when they are cultivated under optimal conditions.

Plums can be as large as a baseball or as small as a cherry when ripe.



### WAYS TO ENJOY PLUMS:

- Eat them raw
- Combine plums with strawberries, blueberries, raspberries, oranges, honey, and mint for an appetizing salad
- Bake them in pies, tarts, or crumbles
- Make a violet smoothie
- Make jams, butter, and chutneys
- Make plum ice cream
- Dip slices in low-fat yogurt
- Create a trail mix with dried plums
- Add slices of plum to chicken kabobs

### RECIPE: PLUM FLUMMERY

Prep time: 20 mins

Total time: 3 hrs 50 mins

Servings: 5

#### Ingredients

- 2 cups plums, pitted and sliced
- 1 tablespoon water (Optional)
- 1 (.25 ounce) package unflavored gelatin
- 1/2 cup hot water (Optional)
- 1/2 cup white sugar
- 2 tablespoons lemon juice
- 1/2 cup evaporated milk

#### Directions:

Step 1 - Place the plums into a saucepan over medium-low heat, cover, and simmer, stirring occasionally, until the plums are soft, 5 to 10 minutes. If the mixture becomes too thick or starts to burn, add a tablespoon of water. Remove from heat, and allow to cool.

Step 2 - Dissolve the gelatin in 1/2 cup of hot water in a bowl, and stir in the cooled plums, sugar, and lemon juice. Mix until the gelatin and sugar have dissolved. Chill the plum mixture in refrigerator until it begins to thicken, about 30 minutes. Whip the evaporated milk in a mixing bowl with an electric mixer until thick, then gently spoon the whipped milk into the plum mixture. Beat again with electric mixer until the dessert is fluffy and well combined. Chill for at least 3 hours before serving.

### HEALTH BENEFITS OF EATING PLUMS:

- Plums and prunes may benefit heart health due to their potential role in lowering blood pressure and cholesterol levels.
- Plums may help lower blood sugar
- Prunes and prune juice may be effective for relieving constipation
- Prunes may promote bone health and prevent osteoporosis
- Plums may help manage diabetes
- Plums may help in the nervous system's smooth functioning
- May aid in skincare
- May prevent macular degeneration

