Apricot

What am I?

Like peaches and plums, apricots are a stone fruit because they have a pit, or stone, in the middle of the fruit. . They can be yellow, orange, or red in color and are smooth on the outside, but firm to the touch.

How do I grow?

- Apricots grow on trees.
- The trees produce fruit for 20-25 years!
- Apricots do not grow in Wisconsin, because it is too cold.

Nutrition Facts

Apricots are a sweet and healthy fruit that are rich in vitamin A. Vitamin A is important for eye health. Apricots also contain B vitamins, vitamin C, potassium, and fiber! An apricot's skin has lots of vitamins, so be sure to eat the skin, too!

Fun Facts

- Most apricots in the US are grown in California.
- The country, Turkey, grows 21 percent of all apricots around the world.
- Apricots can be enjoyed in jams or as dried fruit.
- January 9th is National Apricot Day.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent