Plum

What am I?

Plums are small, round fruit with a skin color ranging from crimson to purple. The skin has a smooth texture and the juicy flesh ranges in color from yellow to red. There is a hard pit in the middle that can't be eaten.

How do I grow?

- Plums grow on trees and grow best with full sun exposure.
- Plums do not sweeten after they are picked, but they will soften.

Nutrition Facts

Plums are high in vitamin C, A and fiber.

Fun Facts

- Dried plums are sometimes called prunes and are a great snack.
- Plums are closely related to peaches, nectarines and apricots.
- The most common varieties of plums are European and Japanese plums.
- Plums are eaten fresh, dried (prunes), used in jams or beverages.

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