

HARVEST OF THE MONTH: PLUMS



NUTRITION FUN FACTS:

- Plums are rich in vitamin A, C, fiber and potassium.
- Vitamin A and C can help keep our immune system strong. Vitamin A helps maintain eye health.
- Potassium contributes to muscle growth and heart health.

Fun snack ideas!

HOW TO EAT PLUMS:

1. Enjoy plums raw!
2. You can make delicious roasted plums with ice cream. Roast plums in the oven at 350° for 15-20 minutes and top with cinnamon and vanilla ice cream for a delicious dessert.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Plums are extra delicious when they are ripe. A ripe plum is soft to the touch and juicy. Plums may be firm when you buy them. Let them ripen on the counter before eating.
2. Choose plums that do not contain bruises or soft spots.

BEST TIME TO EAT:

JUNE- AUGUST



RECIPE: PLUMS CHIA JAM

DIRECTIONS

1. Place all the plums in a small saucepan over medium heat. Stir occasionally until the plums begins to soften and boil.
2. With a fork or potato masher, crush the plums to your desired consistency.
3. Stir in the chia seeds and honey until well combined.
4. Remove from heat and let it cool.
5. Serve and enjoy or store in a tightly sealed jar or container.

INGREDIENTS

For 4 servings:

- 1 cups plums(fresh or frozen), roughly chopped
- 1 tablespoons chia seeds
- 1/2 tablespoon honey

[HTTPS://EATFRESH.ORG/RECIPE/SNACKS/MIXED-BERRY-CHIA-JAM](https://eatfresh.org/recipe/snacks/mixed-berry-chia-jam)

ACTIVITY: PLUMS COLORING

Plums come in many different colors, including purple, green, red, black, and yellow.

Color the branch of plums with your favorite color of plums!

