



Harvest of the Week

Volume 1, Issue Plumcot

Health and Learning Success

Learning does not stop when the school day ends. And neither does the need for healthy food choices! Kids need nutritious foods all year long to help the body and mind grow and function. **Harvest of the Week** can help your family eat healthy and be more active.

Let's Get Physical!

How can your family fit more activity into each day? Start the day with jumping jacks. Take the stairs instead of the elevator. Walk around the school yard before and after school.

Fun Facts

Plumcots are a natural cross hybrid between plums and apricots, exhibiting many plum-like traits. There are about 20 similar varieties with names like *Candy Stripe*, *Dapple Dandy*, *Dinosaur Egg* and *Flavor King*.

Apriums are also hybrids, but they are more like apricots than plums.

Plumcot

HELP YOUR CHILD EAT HEALTHY

- Pack whole ripe plumcots in lunches or enjoy as an afternoon snack.
- Add sliced plumcots to tossed green salads.
- Top low-fat yogurt with sliced plumcots and granola for breakfast or dessert.
- Blend fresh or frozen plumcots with low-fat milk or yogurt and ice.
- Check out the *Fresh Fruit Kabob* recipe below!



PRODUCE TIPS

- Plumcots should be firm with just a slight "give" when gently squeezed.
- Avoid overripe fruit characterized by loose skin and a "watery" feel.
- Plums and plumcots often produce a white/silvery protective "coating."
- Plumcots will continue to ripen at room temperature.
- All fruit should be thoroughly rinsed with water before eating.

HealthWise

Recommended daily amount of fruits and vegetables:

	Children, Ages 5-13	Teens and Adults
Fruits	1 – 1 ½ cups	1 ½ – 2 cups
Veggies	1 ½ – 2 ½ cups	2 ½ – 3 cups

Make 1/2 your plate fruits and vegetables!

Ingredients:

6 ripe plumcots
6 ripe peaches
6 ripe nectarines
2 lemons, juiced
1 tsp cayenne pepper
Mint sprigs (optional)



Directions:

1. Remove stickers and wash all fruit before cutting.
2. Cut each fruit in half and remove pit. Slice each half of fruit into thirds.
3. Place fruit in medium bowl, add fresh lemon juice and cayenne pepper; mix well.
4. Marinate fruit for 1 hour.
5. Alternate fruit wedges on a skewer; chill. Garnish with mint sprig, if desired.

Source: Produce for Better Health Foundation

Plumcot Nutrition Facts	
Serving Size	2 plumcots
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 1g	
Vitamin A 6%	Vitamin C 20%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	