

Fresh Fruit & Vegetable Program (FFVP)

2011-2012

Timberlane Learning Center
Grafton Kennedy Elementary
John H. Morrison Elementary



Date:

Today's Fresh
Pick:

Black Plum

Nutrition Facts Panel*

1 plum	66 g
Calories	30
	% Daily Value*
Total Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 8 g	3%
Dietary Fiber 1 g	4%
Sugars 7 g	
Protein 0 g	
Vitamin A	5%
Vitamin C	10%
Calcium	0%
Iron	1%
* source: www.nutritiondata.self.com	
*based on 2000 calorie diet	

All about Black Plums:



The plum is related to peaches, nectarines, and almonds. They are all 'drupes', which are fruits that have a stone pit surrounding its seed.

Plums should be ripened at room temperature. If you're in a hurry, put it in a paper bag along with a green banana to speed it up.

A ripe plum will be slightly firm with a smooth, even colored skin.

Ripe plums will keep for about 4 days in the refrigerator. For the best flavor, allow the plum to return to room temperature before eating.

They are loaded with antioxidants, which are not listed on the nutrition facts panel!

Sources: www.produceoasis.com; whfoods.com

Fun Facts!!

- ⇒ There are over 2000 varieties of plums!
- ⇒ 200 are grown here in the U.S.
- ⇒ Plums were brought to America by the pilgrims in the 17th century.
- ⇒ Plums are small, not much bigger than a golf ball, but smaller than a baseball
- ⇒ Dry a plum out and you have a PRUNE!



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