Apricot

A relative of the peach, the apricot is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. The skin and flesh are a golden orange color.

Apricots are fruit which grow on trees.

Apricots originated in China over 4,000 years ago.

Spanish explorers introduced apricots to the New World and they were planted at missions all over California. The first major production of apricots in America was in 1792 south of San Francisco, California.

In the United States 95% of apricots grow in the San Joaquin Valley and other parts of northern California.

VARIETIES

There are many varieties of apricots raised in the United States. Some of the most common varieties are Patterson, Blenheim, Tiltons and Castlebrites. Apricot season is from late May through June.

NUTRITION FACTS
- **Fat free**
- **Sodium free**
- **Cholesterol free**
- **High in vitamin C**
- **High in vitamin A**
- **Good source of potassium**

USES

Apricots are great to eat raw or dried, and are also terrific cooked. The nutrients are more concentrated in dried than fresh apricots — dried apricots also have a higher sugar content, which makes them more likely to stick to your teeth.

Some apricots are grown in Nebraska.

Primary Source: 5 to 9 a Day for Better Health program at www.5aday.gov and www.cdc.gov/nccdphp/dnpa/5aday • Designed by: Vicki Jedlicka, UNL Extension in Lancaster County