

PLUMS



Wonderfully delicious and juicy plums botanically belongs to the Rosaceae family of "drupe" fruits in the genus, *Prunus*. Other fellow *Prunus* fruits include peaches, nectarine, almonds, and damson. The plant is best described as small tree or large shrub. It is widely cultivated at commercial scale in the United States, Europe, Japan and China. Several cultivars of plums are grown all over the world, which differ in their color, size and growth characteristics. Generally, each variety of the plum tree bears numerous, almost uniform sized berries between May and September months.

Each berry is about the size of medium-sized tomato, measuring about 5-6 cm in diameter and weigh about 50-70 g. It has central umblicated depression at the stem end. Internally, its pulp is juicy, succulent and vary widely from creamy yellow, crimson, light-blue or light-green in color depending up on the cultivar type.

Health benefits of Plums

- Plums are low in calories (46 calories per 100 g) and contain no saturated fats
- help regulate smooth functioning of the digestive system, and thereby, help relieve constipation problems.
- Fresh berries are a moderate source of vitamin C which is also a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents.
- Fresh plums are a moderate source of vitamin A and beta-carotene. Vitamin A is essential for good eye sight.
- Plums are plentiful in minerals like potassium, fluoride and iron. Iron is required for red blood cell formation. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.
- In addition, the berries are a moderate sources in B-complex groups of vitamins such as niacin, vitamin B-6, and pantothenic acid.