ALL ABOUT PLUMS





WHAT IS A PLUM?

Plums are sweet, juicy fruits that grow on trees. They come in many bright colors like red, purple, yellow, and green. They have a hard pit or stone in the middle.

WHERE DO PLUMS GROW?

Plums grow on small to medium-sized trees or large shrubs. They are grown worldwide across temperate regions mostly in North America, Europe, China, and Japan.



HEALTH BENEFITS OF PLUMS

Plums are nutritious fruits packed with vitamins, minerals, fiber, and antioxidants. A plum has about 30 calories, making it a low-calorie snack. Plums support digestion, heart health, and blood sugar control.

Nutrition Facts	
Portion Size	**75 g**
Amount Per Portion	
Calories	**35**
	% Daily Value *
Total Fat 0.2g	0 %
Total Carbohydrate 8.6g	3 %
Dietary Fiber 1.1g	4 %
Sugar 7.4g	
Protein 0.5g	1 %
Vitamin D 0mcg	0 %
Calcium 4.5mg	0 %
Iron 0.1mg	1 %
Potassium 118mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

PLUMS IN SOUTH DAKOTA

Growing plums in South Dakota can be difficult because most plum trees can't survive the harsh, cold winters. The South Dakota plum was created in 1949 specifically for winters that can drop to minus 40 degrees. The popular Toka plum was created in South Dakota as an experiment over 100 years ago. It is nicknamed the "bubblegum plum" because it tastes incredibly sweet like candy.

FUN FACTS

- Plums are made of about 87% water.
- Prunes are dried plums.
- Salty dried plums are a common snack in many parts of the world.
- China produces roughly half the world's supply of plums.
- Plums are the second most cultivated fruit in the world.
- Plums are grown on every continent except Antarctica.

FUN WAYS TO EAT PLUMS

- Blend plums into frozen plum pops for a sweet cold treat.
- Cut sweet plums into thin slices and dip them into low-fat vanilla yogurt.



Farm to School
SOUTH DAKOTA