PLUM TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on plums. Here is some information on 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. **Read trivia for the week.**

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. **Read trivia for the week.**

Fun Plum Facts
Plums are made of about 87% water. Prunes are dried plums. Plums were likely one of the first fruits that humans domesticated. Some historians believe that plums originated in Iran. Plums can develop a non-toxic fungus called brown rot. Salty dried plums are a common snack in many parts of the world. China produces roughly half the world's supply of plums. Plums came to California during the Gold Rush. Plums are the second most cultivated fruit in the world. Plums are grown on every continent except Antarctica. **Read trivia for the week.**

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. **Read trivia for the week.**

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HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

Adventure Time:

- Ask students to research more information and facts about the South Dakota plum. Share information found with another class.

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