

# RED PLUMS

## **History**

Red plums are one of the Japanese plum varieties. Their skin can range in color from bright to deep red, and their flesh be yellow or red.

## **Nutrition**

1 medium red plum contains about 5% of the vitamin K you need for the day. This vitamin is important for your blood to clot properly when you get a cut or scrape.

## **Fun Fact**

Plums are grown on every continent except Antarctica.

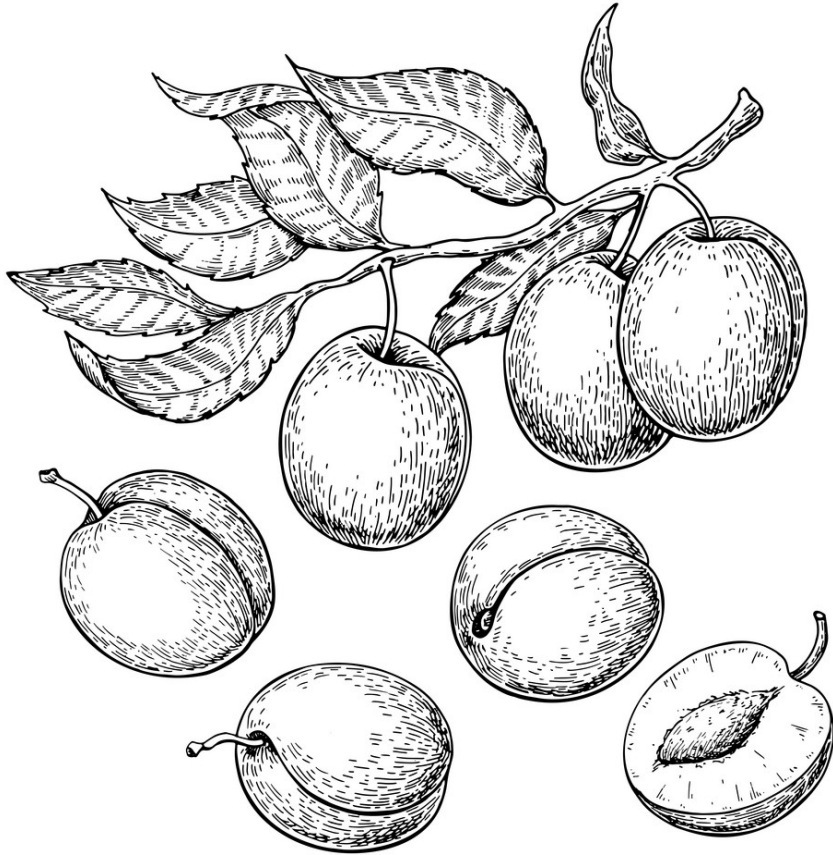


# Growing and Harvest



- Plums start off green or yellow when they are growing on the tree, and the color will change to black, purple or red as they ripen. (Except there are some yellow plum varieties!)
- When plums are ripe, they will feel soft if you apply gentle pressure near the tip.
- Plums will continue to ripen after they are picked. At home, putting them in a paper bag will help them ripen faster because the bag holds in ethylene, the gas that ripens fruit and vegetables!

# Activities



## **Class discussion:**

Sliced plums can make great toppings for cereal, yogurt or salads!

As a class or working in groups, create a parfait recipe or salad recipe that includes plums as one of the ingredients!

