

Hey kids, become a FOOD EXPLORER and check this out!

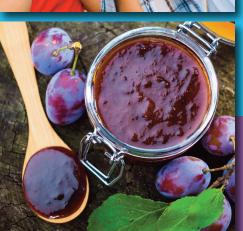
Plums











- Plums are grown on every continent except Antarctica.
- Plums are an ancient fruit, along with olives and grapes.
- Over 140 varieties of plums are sold in the U.S.
- Important to Chinese mythology, the plum tree was associated with wisdom.
- Plums are closely related to peaches, nectarines, and apricots.

DELICIOUS AND NUTRITIOUS

Eating plums may help control your blood sugar.

A SUPER SNACK IDEA

UMassAmherst

Use plums to make a delicious jam!

PLUM HUMOR

What kind of fruit can fix your sink? A plum-ber!