



Red Plums

Nutrition:

- **Plums are around 30 calories each and are an excellent source of vitamin C and a good source of magnesium and fiber.**
- **Magnesium is required for energy production in your body.**

Did you know?

- **Red flesh plums contain more anthocyanins, which is a plant pigment that produces high antioxidant levels**
- **During the winter crop, this plum variety is often dried to make dried plums or prunes.**
- **Plums belong to the same genus (prunas) which also includes peaches, nectarines, and almonds.**
- **Careful! The plum has a hard pit in the middle of it which *contains* the seed of the plum.**

More:

- **Choose firm plums without soft spots. Store at room temperature until ripe and refrigerate.**
- **Choose plums without wrinkles and free of soft spots.**

Be a Student Detective:

Use the picture to the right to find out how plums grow. Do they grow underground or aboveground? Do they grow on a bush, plant, or tree?

Answer: Aboveground on a tree

