

Pluot

The strangely named “pluot” is a hybrid fruit grown from the marriage of a plum and an apricot. The actual ratio works out to around 70% plum and 30% apricot, with the pluot keeping the most of the sweetness of the plum, along with its smooth skin, and adding a bit of tart from the apricot.

The process involved in creating this hybrid fruit is very complex. The climate must be carefully controlled, while pollen from the plants’ flowers are carefully transferred using a tiny brush.



Pluots are sometimes also referred to as “Dinosaur Eggs” due to the strange dappled coloring on some types of the fruit. The name has actually been trademarked by a California pluot grower, though there are still a wide range of available types with other strange-sounding names. Varieties such as the “flavor grenade”, “dapple dandy”, and “flavorglo” are fairly common. The “flavor heart” is one of the largest types of pluot, heart shaped with black coloring and yellow flesh, while the “candy stripe” has pink and yellow stripes with spotted red skin.



Pluots are an intensely flavored fruit, full of vitamins A and C, have a very low fat content, and are sodium and cholesterol free. High sugar content makes them quite sweet, though each one only has about 40-80 calories, depending on the size of the fruit. They are mainly grown in California and are available from late May through September.

