

Harvest of the Month



September Plums



What tangy and delicious fruit is related to a cherry and peach? It's a plum! Plums come in a wide range of colors from yellow to white to green to red. But red is the variety you see most often. Despite the color difference, all plums are nutritious and packed with benefits. They help fight disease, signs of aging, help regulate digestion, and so much more!

A Plum is a Good Source of:

Vitamin C - a powerful antioxidant for your immune system

Vitamin A - for cell health

Fiber - great for liver and digestive health

Antioxidants - improves heart and eye health

Vitamin K - aiding bone, heart, and brain health

Did You Know?

1. Dried plums are called prunes.
2. Plums may have been one of the first fruits widely eaten by humans.
3. In 1881, Luther Burbank, an American botanist, horticulturist, and pioneer in agricultural science, brought twelve plum seeds back from Japan. Now almost all plums grown in the US are related to those seeds.

Tips To Eating Plums

1. Add plums to a fun, healthy kabob!
2. Mixed dried plums in favorite trail mix.
3. Add slices of plum and other delicious fruits to a leafy green salad.
4. Blend into a healthy smoothie!

Ways to Prepare Plums

Raw, Baked, Poached, Pureed, Dried

Plum Juice

Ingredients:

- 5 medium sized plums
- 2 cups water
- 2 tsp sugar (optional)
- 2 tsp lemon juice (from half of a small lemon - optional)



Directions:

1. Wash the plums. Place the washed plums in a saucepan with water till it immersed level. Boil the plums 2-3 minutes and switch off. Immediately pour some cold water on plums to stop cooking.
2. Then remove the outer layer using a knife and chop them into cubes. Transfer the chopped cubes to the blender along with water, sugar, and lemon juice (if using).
3. Blend in until smooth. Now strain and collect the juice in a vessel.
4. Mix well and pour it in glasses and serve!

Perfect Plum Muffins

Ingredients:

- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup sugar
- 2 eggs
- 1/2 cup light olive oil
- 1 cup yogurt
- 8 small plums or 6 medium plums



Directions:

1. Preheat oven to 350°F.
2. Sift flour, baking powder, and baking soda into a large bowl. Stir in sugar.
3. In another bowl, whisk together, eggs, olive oil and yogurt until smooth.
4. Wash the plums and chop into pieces.
5. Pour the yogurt mixture into the dry ingredients.
6. Slowly stir the mixtures together until combined (do not over stir).
7. Gently stir in plums. Then fill the muffin cups.
8. Bake for about 18-20 minutes or until golden brown.

