

PLUM

There are many different varieties of plum, but usually they are small in size and have a sweet taste. When dried, a plum becomes a prune! Plums have many nutritional benefits.

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- RAW
- GRILL
- BAKE

RECIPE IDEAS

- EAT FRESH WITH YOGURT
- BAKE WITH CHICKEN OR PORK

STORAGE

- Unripe plums will ripen if left at room temperature for up to 3 days. To speed process, keep beside other ripe fruit in a paper bag.
- Once ripe, store in fridge for up to 5 days.

NUTRITION

- Good source of Vitamin C, fiber, Magnesium and Potassium
- High in antioxidants

TIPS

- Over-ripe plums can be cooked into a quick plum preserve and refrigerated for use on toast, oatmeal, or yogurt.
- Fun fact: a pluot is a plum crossed with an apricot!



QUICK PLUM PRESERVE

- **1 lbs** plums
- **1 c** sugar
- **1/2 tsp** lemon juice

RINSE PLUMS AND REMOVE PITS. COARSELY CHOP PLUMS (THEY WILL BREAK DOWN WHEN COOKED, SO THE PIECES CAN BE ROUGH AND UNEVEN). IN A LARGE POT, MIX PLUMS, SUGAR, AND LEMON JUICE. STIR TOGETHER AND LET SIT 15 MINUTES. PLACE POT OVER HIGH HEAT AND BRING TO A BOIL, STIRRING OCCASIONALLY. BOIL, STIRRING OFTEN, FOR 10 MINUTES. MASH LARGER CHUNKS OF PLUM WITH THE SPOON WHILE YOU STIR. REDUCE HEAT TO MEDIUM AND COOK UNTIL MIXTURE IS THICK AND CLINGS TO THE SPOON, 5 TO 10 MINUTES MORE. LET COOL FOR 10 MINUTES. TRANSFER PLUM MIXTURE TO JARS OR OTHER AIRTIGHT CONTAINERS AND REFRIGERATE IMMEDIATELY. KEEP IN THE FRIDGE FOR UP TO 2 WEEKS.

(ADAPTED FROM: [HTTP://WWW.HARVESTTOTABLE.COM/](http://www.harvesttotable.com/))