

Plum



Plums are part of the stone fruit family with cherries, peaches and nectarines. They can be yellow, green, red, or very dark purple when ripe, and most varieties are sweet and mild in flavor. High in vitamin C, potassium, and fiber, plums are great fresh or cooked in sweet and savory dishes. Prunes and prune juice are made from dried plums.

Storage

Plums will ripen if left at room temperature. To speed up the process, store with other ripe fruit (apples, bananas, etc.) in a paper bag. Refrigerating will slow ripening, but may also damage flavor & texture. To freeze, wash and pre-cut, then seal in an airtight container or bag, and freeze up to 6 months.



Cooking

Eat when slightly soft and fragrant for best flavor. Great raw, over yogurt or oatmeal for breakfast, or tossed into a salad. You can also cook them into sauces, stews, or jams and preserves.

Quick Plum Preserve

lovin'
spoonfuls
a food rescue



Ingredients

- 1 lb plums
- 1 cup sugar
- ½ tsp lemon juice

Directions

1. 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.
2. Place the pot over medium-high heat and bring to a boil, stirring occasionally. Boil, stirring often, for 10 minutes.
3. 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.
4. 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.

Quick Tips

- Serve with yogurt or on top of oatmeal, pancakes, or waffles.
- Freeze in small freezer-safe containers for up to 3 months.
- Great as a pie filling or dessert topping.

