



Plums



Did You Know?

Plums are part of the stone fruit family. There are many different varieties of Plums. The flesh is soft, juicy, sweet and flavorful. They grow on trees that like the cold weather. The Plum was first seen in Asia many years ago.



Can you find your way through the maze?

Nutritional Facts:

Plums are a very good source of vitamin C. They are also a good source of vitamin K, copper, dietary fiber, and potassium!

