



PLUMS

SUMMER



ARKANSAS
FarmtoSchool

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Plant at least two varieties of plum trees, 3 to 4 feet tall, with a healthy root system in the winter. Soak the roots in water for an hour before planting. Plant trees at least 10 feet apart, at the same depth they were growing at when they were purchased. Learn more at <https://bit.ly/UAEXStoneFruit>!



PREP

Rinse plums with cool water. Depending on preference, remove the skin of the plum. Prepare plums whole or cut into slices, wedges, or cubes. Discard the plum pit! Plums may be prepared raw, frozen, grilled, or as an added ingredient.



EAT

Kick off your day with a warm piece of toast or bagel spread with cream cheese and plum jam! Enjoy grilled plums and pork chops as a delicious entrée. Snack on a bowl of plum applesauce! Top your salad with plums and your favorite protein. Savor a slice of warm, spiced plum pie for dessert!



LEARN

All plum varieties that exist today originated from the Japanese plum and European plum. Plums are **fruits** very high in fiber, which supports a healthy digestive system and helps regulate blood sugar. Find an Arkansas plum producer near you at www.arkansasgrown.org.

