

# Plum Information Sheet

**Today's Farm to School Snack features local \_\_\_\_\_ plums!**

While plums originated in Eastern Europe and China (depending on the variety), the plums you will be trying today were grown locally at:

in

## How Does It Grow?

Plums are a type of fruit that come in various shapes, including round, oval, or heart-shaped, with smooth skin and a flat seed inside. They grow on trees that bloom with white or pink flowers in the spring, which are then pollinated by bees. As the plums grow, they turn from green to shades of yellow, red, purple, or black, depending on the variety. They are ready to pick in late summer or early fall. Plum trees require sunlight, water, and care to produce healthy fruit. Plums can be enjoyed fresh, in desserts, made into jam, or used in cooking.



## Fun Facts

- Plum trees are grown on every continent except Antarctica!
- Did you know prunes are actually dried plums? They're famous for helping with digestion and are commonly enjoyed as a snack or used in cooking and baking.

## Around the World

Plums have been grown for thousands of years in China and Eastern Europe before spreading worldwide. In ancient times, they were enjoyed fresh or dried and used for medicine. In the late 1700s, French settlers introduced European plums to North America, followed by Japanese plums a century later. Today, plum chutney is a popular condiment in countries known for their delicious curries, like India and Pakistan.

## Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include plums.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

**Enjoy this juicy snack!**

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