

# PLUMS



## HOW DO THEY TASTE?

The skin is tart while the inside is juicy and sweet. They are the perfect mix of sweet and sour!

## HOW DO I PICK THEM?

Choose plums that are heavy when you hold them and somewhat firm, but not too hard or mushy.

## HOW DO I STORE THEM?

Whole plums should be stored at room temperature until ripe. Once ripe, place in a bowl in the refrigerator and cover with plastic wrap to keep them perfectly ripe.

To store cut plums, remove the pit and slice as desired. Then, store in a container in the refrigerator for up to 5 days.



## HOW DO I PREPARE THEM?

1. Rinse under cold running water.
2. Dry with paper towel.
3. Eat whole or sliced and discard the pit.



Add fresh, sliced plums to **salads, smoothies, oatmeal,** and **yogurt**. Cook plums and make homemade **jelly** or **jam**.

For recipes & information about preparing healthy foods, visit [web.uri.edu/SnapEd](http://web.uri.edu/SnapEd) or call us at 1-877-366-3874.



Community Nutrition Education RI



RISNPEd



URI Nutrition



URI\_Nutrition\_Ed

## KITCHEN TIP!

If you do not plan to use or eat plums right away, choose firmer plums and place in a paper bag on the counter for 2-3 days.