

# Plums

## HEALTH BENEFITS:

Plums are delicious and packed with health benefits. They're rich in Vitamin C for a strong immune system and Vitamin K for healthy bones. Plums are also high in fiber, which aids digestion and keeps your gut happy. Their antioxidants can help protect your cells and reduce the risk of diseases like heart disease and cancer. With a low glycemic index, plums are great for managing blood sugar levels. They also contain potassium, which helps regulate blood pressure and supports heart health. Plus, plums make a satisfying snack that can help control hunger and support weight management. Regularly eating plums can also improve your skin, thanks to their Vitamin C and antioxidants, which boost collagen and protect against damage.

## SELECTION & STORAGE:

When selecting plums, look for ones that are plump, firm, and free from blemishes or wrinkles. The skin should be smooth, and the fruit should yield slightly to gentle pressure, indicating ripeness. Avoid plums with soft spots or cracks. The color of a ripe plum depends on the variety, so focus more on texture and aroma. A ripe plum will often have a sweet fragrance. For storage, keep unripe plums at room temperature, away from direct sunlight, until they ripen. Once ripe, plums should be stored in the refrigerator, where they can last for up to a week. To enjoy the best flavor and texture, allow refrigerated plums to reach room temperature before eating.



## RECIPE OF THE MONTH: PLUM SALAD WITH BLACK PEPPER AND PARMESAN

### INGREDIENTS (4 servings):

- 6 ripe red, black, and/or green plums, thinly sliced and wedged
- 1 tbsp. honey
- 2 tbsp. extra-virgin olive oil
- ¼ cup shaved parmesan (or Pecorino)
- 2 tbsp. sherry vinegar or red wine vinegar
- ½ tsp. cracked black pepper
- Sea salt, to taste

### DIRECTIONS:

1. Stir vinegar, honey, and ½ tsp. black pepper in a medium bowl until honey is dissolved.
2. Add plums to dressing and toss until coated.
3. Add ¼ cup Parmesan and gently toss again just to evenly distribute throughout the salad.
4. Transfer plum salad to a shallow bowl. Top with more Parmesan, drizzle with oil, and season with salt and more pepper.
5. Enjoy!

