



# Hey kids, become a **FOOD EXPLORER** and check this out!

## Plums



### Did you know...?

- Plums are grown on every continent except Antarctica.
- Plums are an ancient fruit, along with olives and grapes.
- Over 140 varieties of plums are sold in the U.S.
- Important to Chinese mythology, the plum tree was associated with wisdom.
- Plums are closely related to peaches, nectarines, and apricots.

## DELICIOUS AND NUTRITIOUS

Eating plums may help control your blood sugar.

### A SUPER SNACK IDEA

Use plums to make a delicious jam!

### PLUM HUMOR

What kind of fruit can fix your sink?

A plum-ber!