

SPOTLIGHT ON PRODUCE

WHAT AM I?

Pluots are a member of the stone fruit family. They are a hybrid fruit developed in the late 80s that are 75% plum and 25% apricot. They look like plums with smooth skin, and a similar shape and texture.

HOW DO THEY TASTE?

They have a sweet, tangy flavor. They are less acidic and are not bitter like plums can be.

NUTRITIONAL FACTS

They contain vitamin C, with one serving (two raw pluots) supplying nearly 25% of recommended daily needs.

MOTTLED PLUOTS



FUN FACT

Pluots come in a rainbow of colors ranging from pinkish red to bright green to dark purple, all depending on what type of plum the fruit derives from.