



FRUITS

Plum

FOOD\$ENSE
UtahStateUniversity
NUTRITION, DIETETICS, & FOOD SCIENCES

Objectives

Participant will:

1. Explain a health benefit provided by plums.
2. Describe cost- and time-effective strategies for incorporating plums into family meals.
3. Explain how to select plums.
4. Describe preparation and storage techniques for plums, including cleaning, trimming, cooking, and storing.
5. Prepare and taste food that includes plums.

Required Materials:

- Recipe ingredients and utensils for demonstrations.
- Lesson handouts (see pgs. 6-8).
- Required paperwork for program.

Optional Supplemental Materials:

- Plums in various forms such as fresh, frozen, dried, and juiced.

Preparation Required:

- Practice lesson material so you are comfortable giving lesson.
- Practice recipes for demonstrations and understand recipe instructions and techniques.
- Gather ingredients and utensils needed for lesson and demonstration.
- Pre chop fruits and vegetables needed for each demo.
- Make copies of handouts – enough for all class participants.
- Make copies of paperwork required by program.

LESSON PLAN

Introduction:

Time: 2-3 minutes

- Welcome the class and thank them for making time to come.
 - Briefly introduce yourself and the program.
 - **Ask the class:** What fruit is commonly dried and then called a prune?
 - **Plums!**
 - In this lesson we will be talking about plums. Plums are a good source of vitamin C, vitamin A, and potassium while prunes are a good source of vitamin A, vitamin K, potassium, and fiber. Plums lose vitamin C through the drying process and prunes have more fiber and vitamin K because a serving of prunes contain more fruit compared to a serving of plums.
 - Plums are grown in a large number of states in the U.S. but California grows 90-99% of the plums that are used for commercial uses.
 - Did you know that plums grow on every continent in the world except Antarctica?
 - Plums come in a variety of colors including purple, green, red, orange, and black. Each variety and color of plum has a different taste. Some are very sweet while others are tart.
 - Today, there are more than 140 different kinds of plums grown in the United States.
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Objective 1: Explain a health benefit provided by plums.

Time: 2-3 minutes

- **Ask the class:** Does anyone know what is in a plum that makes it a healthy food choice?
 - Vitamin C – An antioxidant that is needed to stop free radicals from doing harm in our bodies. Free radicals form in our bodies from activities that we do every day like being out in the sun or breathing air with pollution. They promote aging and disease.
 - Vitamin A – A nutrient that boosts the immune system, improves cell growth, increases eye health, and helps fight off a variety of diseases and cancers.
 - Potassium – Getting enough potassium helps reduce the risk of heart disease, stroke, high blood pressure, cancers, and more.
 - Fiber – Getting enough fiber helps regulate digestion.
 - Plums and prunes, the dry form of plums, are both great snacks that can be easily added into your diet.
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Objective 2: Describe cost- and time-effective strategies for incorporating plums into family meals.

Time: 1-2 minutes

- Plums are best eaten fresh but you can always add them to salads, breads, or smoothies.
 - Adding a plum to a salad is a refreshing topping that goes well with a vinaigrette dressing.
 - Dried plums, also known as prunes, are found in the grocery stores year around and are a great snack when eaten plain, added to trail mix, tossed on cereal, or when added to bran muffins.
 - Grilling or broiling plums with some simple spices can be a nice and healthy dessert option.
 - **Ask the class:** How do you incorporate plums into family meals? How do you prepare them?
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Objective 3: Explain how to select plums.

Time: 2-3 minutes

- Plums can be found in some grocery stores throughout the year although the cheapest months to buy them are from May-October.
- **Ask the class:** Does anyone have any tips on how to select fresh and ripe plums at the store?
 - As plums ripen they get firm, shiny, and bright in color. This is the best time to buy them.

- Stay away from plums that are hard or mushy in texture. If you purchase soft plums they should be consumed right away. Hard plums will need additional time to ripen on your counter before they are ready to eat.
- When selecting plums from the grocery store, choose plums that emit coolness when you hold your hand a few inches above them. Plums that aren't cool are getting old and will have a bland taste to them.
- Prunes can be purchased in bulk sections of grocery stores or near the prepackaged dried fruit.

Objective 4: Describe preparation and storage techniques for plums, including cleaning, trimming, cooking, and storing.

Time: 5 minutes

- Once you bring your plums home from the store you need to think about properly storing them.
- **Ask the Class:** Does anyone know the ideal way to store plums?
 - Ripe plums should be washed and eaten within a few days of purchase. Ripe plums can be stored in the fridge until eaten.
 - If you purchase plums that are not yet ripe, you can allow them to sit on the counter for a few days and then put them in the fridge for a few more days. If you put plums in the fridge before they are ripe, the quality of the fruit will decrease.
 - Store ripe plums in tight bags when they are refrigerated.
 - Always wash your plums before you eat them.
 - When cutting plums, make sure you have a sturdy cutting board and a sharp knife. Cut or split the plum down the middle from the stem to the bottom. If the pit doesn't come out, use a knife or spoon to carefully cut it out.
 - You may want to remove the tough area of the fruit that surrounds the pit if you're going to make juice or smoothies.
 - If you want to remove the skin, place the plum in boiling water for 10-15 seconds or until the skin has loosened enough that you can peel it off with a knife. Often times this technique is used if you plan to use the plum for canning or making juices.

Objective 5: Prepare and taste food that includes plums.

Time: 20 minutes

- **Ask the class:** Is there anyone in the class who hasn't tried fresh plums before?
- Today we will learn a few quick and easy plum recipes that are easy to fit into your family's meals.
- This recipe works great for a side or an appetizer for any meal. *Demonstrate Roasted Plums with Yogurt (see recipe pg. 6).*
- An easy way to add plums to your meal is by adding it to a salad. *Demonstrate Plum Salad (see recipe pg. 6).*
- Try this recipe as an entrée in place of a meat dish. *Demonstrate Eggplant with Beans and Plums (see recipe pg. 7).*
- This recipe can be served as an appetizer, dessert, or even a healthy snack. *Demonstrate Spiced up Plums (see recipe page 7).*
- Plums make great drinks for kids or adults and can go with any meal. *Demonstrate Plum Smoothie (see recipe pg. 8).*

Conclusion

Time: 2-3 minutes

- **Ask the class:** Would anyone like to share a favorite way to use plums that we didn't cover in class today?

- **Ask the class:** What did you learn today that you didn't know about plums before taking this class?
- **Ask the class:** What will you do to make plums a part of your families' diet now that you have had this lesson?
- **Ask the class:** Are there any questions?
- Thank you for attending.

Serve samples.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572

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Plums

Roasted Plums with Yogurt

- 4 plums, pitted and cut in half
- 1 tbs honey
- 2 tsp brown sugar
- ½ tsp cinnamon
- 2 cups low-fat or non-fat yogurt, plain or vanilla,
- ½ cup almonds, slivered

Preheat the oven to 400°. Place foil on a baking sheet. Spray cooking spray on the foil and set aside. In a large bowl combine the plums, honey, brown sugar, and cinnamon. Stir. Place the plums on the baking sheet. Roast plums for 10 minutes and then stir them. Cook for another 5 minutes or until plums are juice. Put ½ cup yogurt in 4 small bowls. Place the plums on top of the yogurt. Drizzle with additional honey and top off with almonds.

Yield: 4

Did you know?

- Plums and prunes are full of fiber which helps improve digestive functioning.
- They also contain vitamin A, another powerful nutrient that helps us have healthy skin and proper vision.
- Did we mention they are also a great source of vitamin C, vitamin A, fiber, and potassium?

Plum Salad

- 2 plums—halved, pitted and thinly sliced
- 1 large bag of spinach (or other dark green leafy lettuce)
- 1 tbs extra-virgin olive oil
- 2 tbs fresh lemon juice
- 3 tbs fresh orange juice
- 1 tbs balsamic vinegar
- 1 tsp grated orange zest
- 1 tsp grated lime zest (optional)
- Salt, to taste
- Pepper, to taste

In a small bowl, whisk the olive oil, lemon juice, orange juice, balsamic vinegar, orange zest, and lime zest. Season with salt and black pepper; to taste.

In a large bowl, toss the spinach and plums. Add the dressing and toss well.

Yield: 6 servings

Eggplant with Beans and Plums

1 1/2 cups coarsely chopped fresh plums
6 cups cubed eggplant (1-2 eggplant depending on size)
2 tbs vegetable oil
1 cup chopped onions
1 cup chopped tomatoes
1 tbs soy sauce
1 1/2 cups cooked butter beans, canned, drained
1 tsp balsamic vinegar
3 tsp chopped fresh cilantro (used 1 tsp dried cilantro if you don't have fresh)
Salt, to taste

Did you know?
Utah has the climate to support the growth of plums. Try growing a tree in your yard or try to get your plums locally when they are in season.

In a 4-quart saucepan, heat the oil over medium-high heat. Add the eggplant and onions; cook. Stir for 4 minutes or until softened. Add the plums, tomatoes, and soy sauce. Bring to a boil. Cook uncovered over medium heat for 15 minutes.

Add the butter beans and vinegar; simmer 10 minutes longer. Add the cilantro and salt and simmer 3 minutes longer.

Yields: 6-8

Ripe plums should stay fresh in your fridge for 3-4 days.

Spiced up Plums

4 plums, halved and pitted
1/2 cup orange juice
1 tbs brown sugar
1 tsp ground cinnamon
1/4 tsp freshly grated nutmeg
1/8 tsp ground cumin
1/8 tsp ground cardamom
3 tbs slivered almonds, toasted (optional)

Cooking spray

Preheat oven to 450°. Spray baking sheet with cooking spray. Cut plums in half and remove the pit. Place plum halves, cut sides up, on a baking sheet. Combine orange juice, sugar, cinnamon, nutmeg, cumin, and cardamom, and stir well. Drizzle mixture over plums. Bake at 450° for 15 minutes. Top with toasted almonds.

Yield: 4 servings

Plum Smoothie

2 plums, with pits removed
1 mango, peeled and pitted
1 medium carrot, chopped
1 cup spinach (or any other green leafy vegetable)
½ orange juice (or other juice you have in your fridge)

Add all ingredients to the blender and blend until smooth. Serve immediately.

Yield: 4 servings

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