

# Taste Test: Black Plum



Black plums are juicy, medium-sized fruits with a smooth, deep purple outer skin, and a peach-coloured inside containing a small pit. Plums are like peaches and nectarines – they have a sweet, light taste when they are ripe. Black plums are available between May and October and are grown in Japan and Europe.

## Food Fact

Black plums are high in vitamin C and antioxidants<sup>1</sup>

### How to Choose:

- Ripe black plums are firm but soft when you apply pressure, especially near the top.
- Avoid black plums that are shriveled or contain bruised spots or punctures in the skin.

### How to Prepare:

- Simply wash under cold water, and enjoy!

### How to Store:

- Plums that are not ripe can be left at room temperature to ripen.
- Ripened plums can be kept in the refrigerator for up to 5 days.<sup>2</sup>
- Plums can also be frozen, but the inside pit should be cut out first.

### Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try black plum again?

YES     NO

## Ideas for Serving Black Plums:

- Add black plum slices to cold cereal.
- Bake pitted plum halves in the oven at 200°F until they are wrinkled, then drizzle with honey, cinnamon, and walnuts.
- Add plum slices to warm oatmeal.

### Grilled Fruit Kabobs

Makes 12 servings

#### Ingredients:

- ¼ cup margarine
- 2 tbsp honey
- 3 fresh peaches, pitted and quartered
- 3 fresh plums, pitted and quartered
- 3 bananas, cut into 4 pieces each
- 12 strawberries, hulled
- 12 skewers



#### Directions:

1. Preheat an outdoor grill to medium heat and place a large piece of tin foil on the grate.
2. Melt the margarine and honey together in a small saucepan over medium heat. Reduce heat to low and cook gently, stirring occasionally, until slightly thickened. Do not let the sauce boil.
3. Thread a peach quarter, a plum quarter, a banana piece, and a strawberry onto each skewer. Place the skewers onto the foil on the preheated grill, then brush margarine-honey sauce over each skewer.
4. Grill until the fruit has softened and the sauce thickened and cooked onto the fruit, about 5 minutes. Flip the skewers, brush more margarine-honey sauce over each, and grill for about 5 more minutes on the other side.

Recipe adapted from: <http://allrecipes.com/recipe/grilled-fruit-kabobs/detail.aspx>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>The World's Healthiest Foods. Plums. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=35>  
Accessed July 24, 2012.

<sup>2</sup>Still Tasty. <http://www.stilltasty.com/fooditems/index/18023> . Accessed July 14, 2017.