

# INCREDIBLE EDIBLE IDAHO

PLUM



▲ Plum Orchard in Caldwell, Idaho

## IDAHO PLUM AND PLUOT FACTS:

Pluots are a cross between a plum and an apricot - 75% plum and 25% Apricot to be exact.

Pluots are sometimes called "Dinosaur Eggs" due to their unique speckled coloring.

Idaho ranks 3rd in the nation in plum production.

In Idaho, plums and pluots are harvested in August and September.

## PLUM AND PLUOT NUTRITION FACTS:

Plums and pluots are a great source of carbohydrate, which provides your body with energy.

Plums and pluots contain potassium, which helps maintain healthy blood pressure and normal muscle function.

Fiber and other components that maintain digestive health can be found in plums and pluots

Plums and pluots contain antioxidants like zeaxanthin, lutein, and beta-carotene that promote healthy eyes and vision.



Counties where plums and pluots are grown:

Canyon Payette Gem

