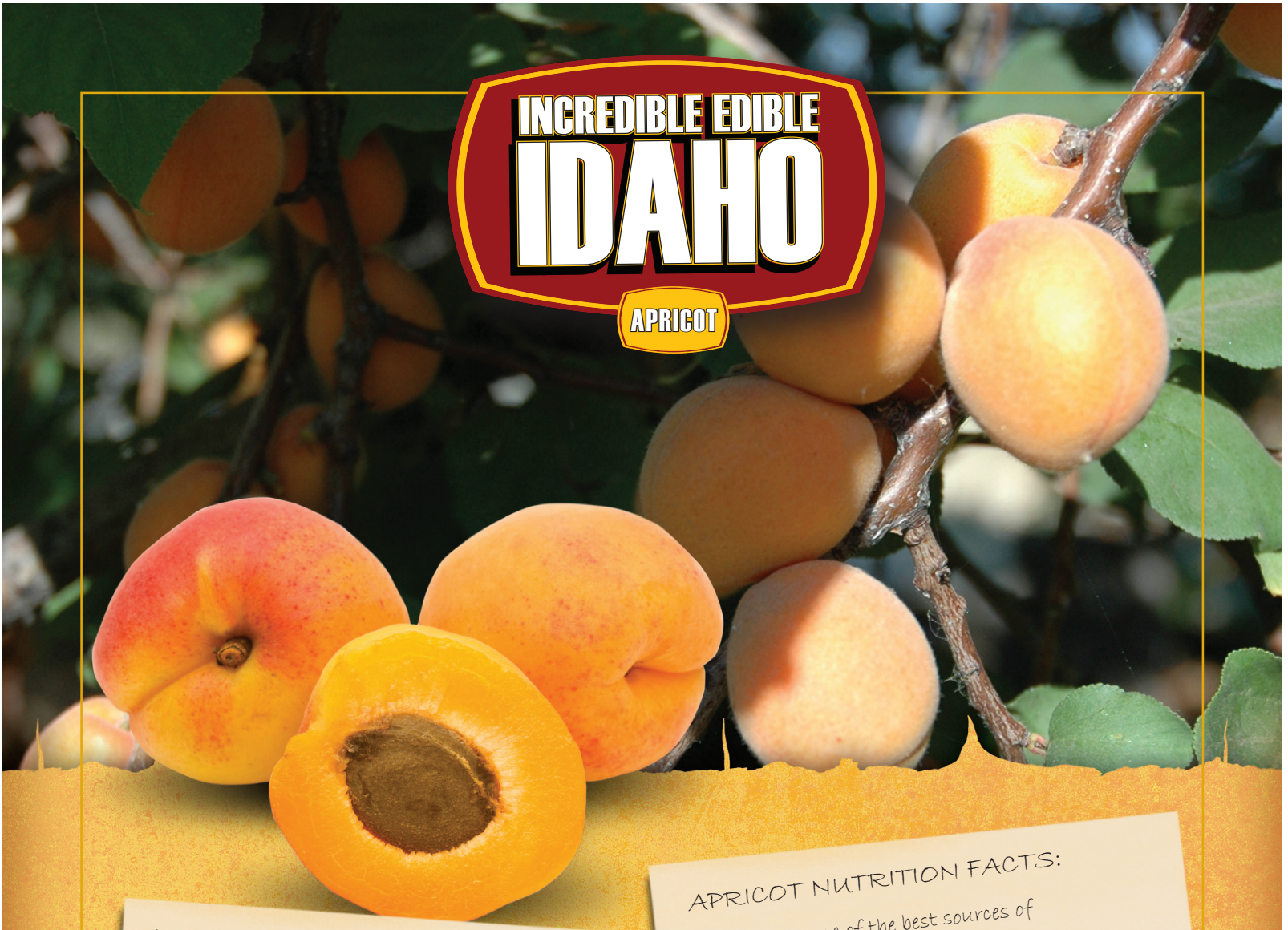
INCREDIBLE EDIBLE IDAHO

APRICOT



IDAHO APRICOT FACTS:

Idaho grows the popular Gold Rich variety of apricots, typically a much larger and sweeter fruit than apricots from other states.

Idaho apricots are generally available starting early July and lasting only for a few short weeks.

Apricots are the 2nd "stone fruit" (cherries are the 1st) to be harvested in Idaho each year.

A mature apricot tree will produce around 300-400 lbs. of apricots each season.

APRICOT NUTRITION FACTS:

Apricots are one of the best sources of beta-carotene.

One apricot provides almost 60% the daily recommended amount of Vitamin A.

Apricots are a good source of fiber and Vitamin C.

Apricots also provide potassium.

Counties where apricots are grown:
Canyon, Ada, Gem and Washington

Classroom handouts of this poster and correlating activity sheets can be printed at www.sde.idaho.gov/site/cnp/farmToSchool/fom.htm