

Fresh Michigan PRUNE PLUMS



Enjoy Michigan prune plums!

Prune plums, while once grown mostly for baking and creating dried fruits (prunes), they make a great fresh, eat-out-of-hand fruit. Tree-ripened prune plums are sweet and slightly tangy and just the right size for a quick snack. The first harvest of prune plums signals summer is transitioning to fall.

Prune Plum Versatility

Plums that are firm make great fresh-eating snacks and can be sliced into salads. While there has been a resurgence of preserving in recent years, we are seeing more of it than ever in 2020. Prune plums are made for preservation. They can be dried in an oven for a long-lasting snack, for that quick burst of energy needed to get you through the day.

Varieties: Castleton & Stanley

Both varieties are a medium-sized fruit with dark blue skin and yellow-green flesh. They are sweet to mildly acidic and have multiple uses. While they're a favorite for home canning and make excellent jam, they're ideal for fresh eating and for use in cooking. The varieties originated in Europe but are found flourishing in Michigan's Great Lakes climate.

Health Benefits of Prune Plums

- A cup offers 26% of your daily Vitamin C
- 11% of your daily Vitamin A
- Good source of Fiber
- On-the-go snack
- Tasty alternative to processed sweet treats

Varieties

Castleton • Stanley

Prune Plum Packs

24# 8/3 lb. pouch bag 1 1/4" US #1
PLU # 4436

30# Bulk Carton 1 1/4" US #1
NO PLU

Located near Grand Rapids, Michigan, Riveridge Produce Marketing has more than 30 years in the produce industry.