

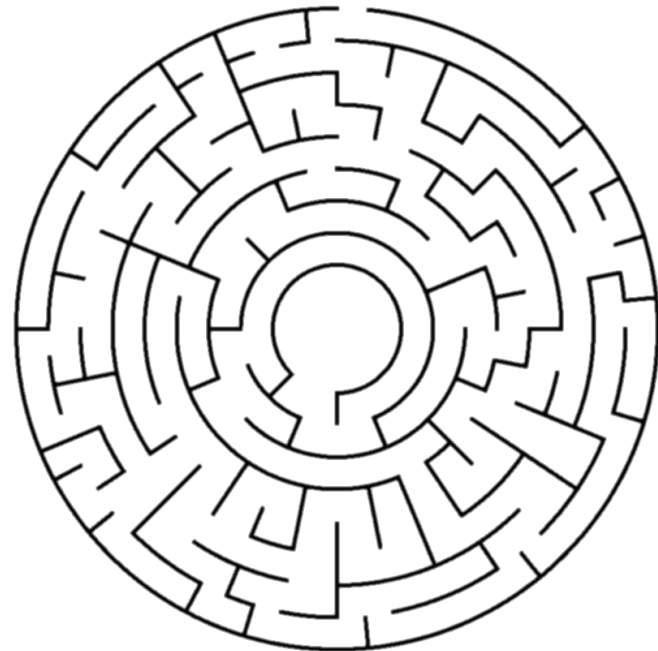
Red Plums



FIND YOUR WAY!

DID YOU KNOW?

Plums are a Stone Fruit and are part of the Rose family. There are many different varieties, including the Red Plum. The flesh is soft, juicy, sweet and flavorful. They grow on trees that like the cold weather and are grown on every continent except Antarctica.



NUTRITIONAL FACTS:

Plums are a very good source of vitamin C. They are also a good source of vitamin K, copper, dietary fiber, and potassium.

COLOR THE PLUM!