

# Plums



## Selecting

Plums are available in over 200 varieties. They range in flavour from tart to sweet, and are available in several colours: green, yellow, red, purple, blue and black.

Plums do not ripen after picking so you want to select ripe ones. A ripe plum is firm but should spring back when pressed gently. Smell it: a ripe plum should smell sweet, though the lighter coloured varieties tend to be less fragrant than the dark ones. Look for plums with uniform colour and smooth skin.

## Storing

Plums will keep at room temperature for 3 days and in a perforated plastic bag in the fridge for up to five days.

## Preparing

Many varieties of plums are delicious when just washed and eaten raw.

If you want to cook with plums just remove the skin by blanching it in boiling water for 30 to 60 seconds. Remove with a slotted spoon and plunge into a bowl of ice water. Once the fruit is cool, the skin should be easy to remove. If not,

just repeat the process one more time.

For some recipes you can just cook the plum whole with the skin, but pierce the skin first.

## Eating

Plums are eaten fresh but also used in a wide variety of savoury and sweet dishes. Plums are great in a kuchen, chutney, or a sauce for pork tenderloin or fish.

## Seasonality

Plums are in season from July to October with peak times varied across the country.

## Nutrition

A plum has 30 calories. Plums are a source of Vitamin C and Vitamin K.



Plums pair well with allspice, cinnamon, cloves, or almond extract and are great alongside peaches in cobbler!

