

# Plum

- Choose plums that are blemish free and are firm (but not rock hard) and shiny.
- Store unripe plums at room temperature in a paper bag for 2-3 days to help the ripening process.
- Store ripe plums in a plastic bag in the crisper drawer for up to 5 days.

Plums contain antioxidants and some vitamin C, vitamin A, vitamin K, copper, and manganese.

These nutrients may help to reduce cell damage, improve heart health, and boost bone health.



This institution is an equal opportunity provider.

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