

Black plums are stone fruits that have one big seed in the middle. They belong in the rose family and are related to peaches, apricots and cherries. Plums may be one of the oldest fruits; their remains are found in Neolithic or New Stone Age caves. Plumas are the national fruits of Serbia and they have over 40 million plum trees. The plum tree is special in Chinese myths and carved on jade to represent wisdom. The plum is mentioned in the nursery rhyme “Little Jack Horner”. Li Hing Mui is made from plums. Prunes are dried plums that help with digestion. Plums are a good source of Vitamin C and A plus antioxidants.

**What kind of fruit can fix your sink?**

*A Plum-er.*



Little Jack Horner

# Plum Sorbet

*This ruby-red plum sorbet recipe is perfect for anyone looking for a sweet cool treat. Make sure to pick plums that are ripe but not bruised.*

## Ingredients

- 5 cups quartered, pitted ripe plum (about 6 plums)
- ½ cup Concord grape juice
- ¼ cup water
- ½ cup sugar



## Directions

1. Puree plums in a food processor until smooth. Pour through a fine-mesh sieve set over a bowl and press on the solids to extract all the juice.
2. Combine juice, water and sugar in a small saucepan. Heat over medium heat, stirring, until the sugar is dissolved.
3. Stir the syrup into the fruit puree. Chill the mixture in the refrigerator until cold, about 4 hours.
4. Pour the sorbet mixture into an ice cream maker. (No ice cream maker? See Tip below.) Freeze according to the manufacturer's directions.

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**Make Ahead Tip:** Freeze in an airtight container for up to 1 week. Let soften slightly before serving.

**Tip:** If you don't have an ice cream maker, freeze the mixture in a shallow metal cake pan or ice cube trays until solid, about 6 hours. Break into chunks and process in a food processor until smooth, stopping to scrape down the sides as needed.

# Plum Crisp

*A tangy plum dessert using that midsummer fruit. Try it with vanilla ice cream. It's a favorite with or without!*

## Ingredients

- 12 plums, pitted and chopped
- 1 cup white sugar, divided
- 1 cup sifted all-purpose flour
- 1½ teaspoons baking powder
- 1 teaspoon salt
- 1 beaten egg
- ½ cup melted butter



## Directions

1. Preheat oven to 350° F. Grease an 8x8-inch baking dish.
2. Spread the plums out into the prepared baking dish and sprinkle with ¼ cup sugar. In a bowl, mix together ¾ cup white sugar, flour, baking powder, and salt. Combine with beaten egg and spoon the mixture over the plums. Drizzle batter with melted butter.
3. Bake in the preheated oven until the topping is brown, about 40 minutes.

# Nutrition Facts

Serving Size: 1 medium plum (66g)

Calories 30

Calories from Fat 2

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% Daily Value

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Total Fat 0g 0%

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Saturated Fat 0g 0%

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Trans Fat 0g

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Cholesterol 0mg 0%

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Sodium 0mg 0%

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Total Carbohydrate 8g 3%

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Dietary Fiber 1g 4%

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Sugars 7g

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Protein 0g

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Vitamin A 5%

Calcium 0%

Vitamin C 10%

Iron 1%