



Plumcots



Part Plum.
Part Apricot.

All
Delicious.

What is a Plumcot?

Plumcots are the result of natural cross-pollination between plum trees and apricot trees. The crossing of different “parents” results in a wide array of plumcot colors, sizes and flavors. The sweet apricot qualities cancel out any sour hints from the traditional plum. The sugar content of a plumcot is much higher than that of standard plum and apricot varieties. All of these characteristics combine to bring each variety of plumcot its own unique flavor twist.

How do I select, store and use them?

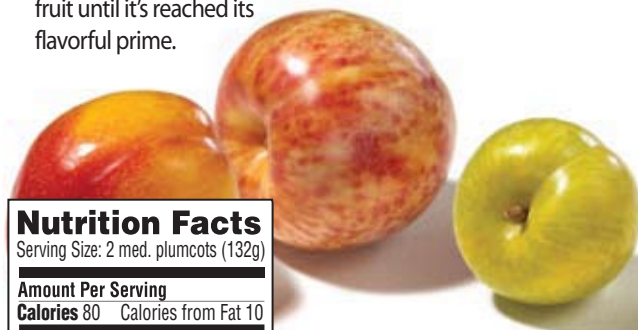
Select fruit that’s firm with just a slight “give.” Plumcots can be stored on the kitchen counter for several days if you like them soft and juicy. If you prefer a cold, crisp, juicy piece of fruit, they’ll keep in your refrigerator for a week or more.

Plumcots are very versatile. Sliced in a salad, blended in a smoothie, made into jam or sauce – the possibilities are endless. But your favorite way to eat them is sure to be standing over the sink with a napkin!

FamilyTreeFarms

Third and fourth generation farmers in the San Joaquin Valley, the David Jackson family grows nearly 4,000 acres of premium stone fruit with an all-out focus on flavor.

Our family’s commitment to flavor has positioned us as California’s premier grower of specialty fruit. Not only do we grow the sweetest varieties available, but we wait to harvest fruit until it’s reached its flavorful prime.



Nutrition Facts

Serving Size: 2 med. plumcots (132g)

Amount Per Serving

Calories 80 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 2g 8%

Protein 1g Sugars 10g

Vitamin A 6% Vitamin C 20%

Calcium 0% Potassium 6%

No Trans Fat

*Percent Daily Values are based on a 2,000 calorie diet.

GREAT NEWS!

Recent studies show that plumcots with dark red flesh have high levels of antioxidants and phytonutrients. Finally, a great snack you can feel great about eating!

SWEET SUMMERTIME RECIPES

Field Salad with Plumcots & Raspberry Vinaigrette

6 sliced Flavor Safari plumcots
6 cups fresh spinach or mixed baby greens
¾ pound shredded cooked chicken breast
1 cup sliced celery
½ red onion, thinly sliced
1 cup sliced cucumber or fennel
½ cup fresh or frozen raspberries
¼ cup red wine vinegar
¼ cup honey
dash cracked black pepper
Slice plumcots into wedges and combine with greens, chicken, celery, cucumber and onion in salad bowl. For dressing, combine raspberries, vinegar, honey and pepper in electric blender; puree and strain. Serve with salad. Makes 4 servings

Plumcot & Chèvre Bruschetta

4 to 6 plumcots, thinly sliced into wedges
Goat cheese or cream cheese
Fresh basil leaves
Sourdough baguette, thinly sliced and toasted
Spread cheese onto each slice of toasted bread. Top with a whole basil leaf. Spread another small amount of cheese on top of the basil leaf and top that with one slice of plumcot.

Refreshing Plumcot Lemonade

8 to 10 red fleshed plumcots such as Flavorosa, Crimson Sweet or Dapple Dandy
Slice and puree all but two of the plumcots. Strain the juice and freeze in ice cube trays. Prepare your favorite fresh or frozen lemonade. Add the frozen plumcot cubes. Cut the remaining plumcots into wedges and use to garnish the lemonade pitcher and glasses.

For more recipes go to
www.familytreefarms.com

Plumcots

MAKE SUMMER SWEETER!



Plumcots



Part Plum. Part Apricot.



All Delicious.

FLAVOROSA

Rich and satisfying flavors like cherry and pomegranate explode from the deep, red skin and flesh. Juicy and tantalizing, it's a sweet welcome to summer.



MID MAY – EARLY JUNE

FLAVOR ROYALE

The dark red skin and pink flesh are highlighted by fragrant flavors like Santa Rosa plum and citrus.



JUNE

AMIGO

Bright to dark red skin with flaming red/yellow flesh. Rosy plum flavors with a hint of berry.



JUNE

TROPICAL PLUMANA

A delight for all of your senses. Fragrant and exotic flavors – like a fruit-filled island drink. Beautiful red and green speckled skin.



MID JUNE – EARLY JULY

EAGLE EGG

Bright to deep red speckled skin with flesh of the same color. A rich, sweet, jam-like flavor.



MID JUNE – MID JULY

EARLY DAPPLE

Sweet, wonderfully complex flavors highlight the juicy flesh. Mottled red and green skin with luscious red flesh.



MID JUNE – MID JULY

DAPPLE JACK

Red and green mottled skin with a vibrant red flesh. Flavors of plum and melon highlight each bite.



MID JULY – EARLY AUG.

CRIMSON SWEET

Deep red speckled skin with a brilliant red flesh. A bright, jazzy mix of flavors in every bite.



JULY

Family Tree PLUMOGANATE®

Like the pomegranate, this plumcot is very high in antioxidants. Very sweet, intense flavors.



JULY

SWEET TREAT

The first green Plumcot of the season. Delicate green skin hides a honey-sweet yellow flesh. Don't let the green skin fool you – it's sweet!



MID JULY – MID AUG.

DAPPLE DANDY

Flavor that's consistently sweet and delicious. Dark red speckles on a greenish background and beautiful red to pink flesh.



MID JULY – AUGUST

FLAVOR QUEEN

Very sweet and mellow flavor. Delicate green to slightly yellow skin with a creamy golden flesh. Green equals extreme sweetness in Plumcots.



MID JULY – MID AUG.

FLAVOR GRENADE

A crisp, refreshing, sweet explosion of flavor. Oblong in shape with slightly bumpy skin. Green to yellow skin with patches of red and an extra juicy yellow flesh.



LATE JULY – LATE AUG.

KING KONG

Big fruit with a big taste. Pleasantly sweet, plum-like flavors highlighted with hints of almond. Very dark skin with a nicely contrasting cream-colored flesh.



MID AUG. – MID SEPT.

EMERALD BEAUT

Technically a green plum. The flesh is succulent and bursting with flavor. This delicate variety is handled so that it keeps its natural waxy coating.



MID AUG. – MID SEPT.

FLAVOR FALL

A firm, juicy fruit with sweet, plum-like flavors and subtle hints of apple. Very large, and slightly oblong. The color ranges from red/purple to full dark purple and the skin tends to be bumpy.



MID SEPT. – OCTOBER