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

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!

Nutrition Facts
Serving Size: 2 med. plumcots (132g)

- Calories: 80
- Calories from Fat: 10
- Total Fat: 1g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 0mg
- Total Carbohydrate: 19g
- Dietary Fiber: 2g
- Sugars: 10g
- Protein: 1g
- Vitamin A: 6%
- Vitamin C: 20%
- Calcium: 0%
- Iron: 6%

Serving Size: 1 cup (245g)
- Calories: 105
- Calories from Fat: 10
- Total Fat: 1g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 0mg
- Total Carbohydrate: 21g
- Dietary Fiber: 3g
- Sugars: 15g
- Protein: 2g
- Vitamin A: 6%
- Vitamin C: 25%
- Calcium: 0%
- Iron: 6%

Plumcots are a great snack you can feel great about eating!

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!
### Plumcots

**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.

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

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

**TROPICAL PLUMANA**
Bright to dark red skin with flaming red/yellow flesh. Rosy plum flavors with a hint of berry and citrus.

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

**EARLY DAPPLE**
Red and green mottled skin with luscious red flesh. Flavors of plum and melon highlight each bite.

**TROPICAL PLUMANA**
Bright to deep red flesh. A rich, sweet, jam-like flavor.

**FLAVOR QUEEN**
A crisp, refreshing, sweet explosion of flavor. Oblong in shape with slightly bumpy skin. Green equals extreme sweetness in Plumcots.

**DAPPLE DANDY**
Flavor that’s consistently sweet and delicious. Dark red speckles on a greenish background and beautiful red to pink flesh.

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

**EMERALD BEAUT**
Deep red speckled skin with a brilliant red flesh. A bright, juicy mix of flavors in every bite.

**CRIMSON SWEET**
Deep red speckled skin with a brilliant red flesh. A bright, juicy mix of flavors in every bite.

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**PLUMCOT FAMILY TREE**

- **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!
- **DAPPLE DANDY**: Flavor that’s consistently sweet and delicious. Dark red speckles on a greenish background and beautiful red to pink flesh.
- **AMIGO**: The dark red skin and pink flesh are highlighted by fragrant flavors like Santa Rosa plum and citrus.
- **TROPICAL PLUMANA**: Bright to dark red skin with flaming red/yellow flesh. Rosy plum flavors with a hint of berry and citrus.
- **EAGLE EGG**: Bright to deep red speckled skin with flesh of the same color. A rich, sweet, jam-like flavor.
- **EARLY DAPPLE**: Red and green mottled skin with luscious red flesh. Flavors of plum and melon highlight each bite.
- **TROPICAL PLUMANA**: Bright to deep red flesh. A rich, sweet, jam-like flavor.
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