



# PLUMS

## Recipe

Plum Glazed Chicken  
 16 oz. plums, pitted and cut into bite size pieces  
 2 Tblsp. margarine  
 1 onion finely chopped  
 1/3 c. brown sugar  
 1/4 cup prepared tomato based chili sauce  
 2 Tblsp. soy sauce  
 1 tsp. ginger  
 2 tsp. lemon juice  
 2 lbs. skinless, boneless chicken

Preheat oven to 350 degrees. in a blender or food processor, whirl the plums and a bit of water and sugar until pureed. Melt margarine in a wide skillet over medium heat. Add onion and cook until soft. Stir in the plum puree, brown sugar, chili sauce, soy sauce, ginger and lemon juice. Cook uncovered, stirring often until slightly thickened. About 15 minutes. Sprinkle the chicken with salt and pepper. Arrange the chicken in a lightly greased baking pan. Bake uncovered, for 30 minutes, basting with plum sauce every 15 minutes. Turn the chicken over and bake, basting occasionally for 30 more minutes. Heat the remaining sauce and use when serving.

## Uses

The majority of plums are eaten fresh. Plums are a nutritious, low-calorie food that can be eaten out of hand or added to fruit salads, baked goods, compotes and meat dishes. Plums also can be made into jams, purees or sauces. A famous food prepared from plums is the Chinese plum sauce, also known as duck sauce. Pureed prunes make a good substitute for butter and other fat in baked goods. Prunes are also made into juice.

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## Varieties

Of the more than 140 varieties of plums in North America, about 20 dominate the commercial supply of plums in the United States. Japanese types have juicy yellow or reddish flesh and skin colors that range from crimson to black-red. The Santa Rosa and Red Beau are two of the more popular varieties. In the United States the bulk of plums are grown in the Pacific Northwest, but some varieties are successfully cultivated in the eastern states. With its firmer flesh and higher sugar and acid contents the European plums which are smaller, denser and less juicy varieties are best suited for prunes.

## Description

The plum is a drupe, a fruit with a single pit that is related to the peach, nectarine, and apricot. However, whereas only two or three varieties of those exist, plums are available in a wide variety of shapes, sizes and colors. Plums grow in clusters and have smooth, richly colored skins. The thousands of varieties identified worldwide range from 1 to 3 inches in diameter, in favor from sweet to tart, and in skin color from yellow green, red, purple, and indigo blue. Plums are a good source of vitamin c. Prunes (dried plums) are a good source of vitamin A and fiber.

## Nutrient Content

Plums are a good source of vitamin C and prunes are a good source of vitamin A and fiber.

## Availability

The plum season extends from May through October. Plums should be plump and well colored for their variety. If a fruit yields to gentle pressure, it is ready to eat. You can buy plums that are fairly firm, but not rock hard and let them soften at home. Place them in a loosely closed paper bag and leave at room temperature for a day or two. They will not increase in sweetness. Plums are juiciest at room temperature and always wash them before eating.

## Origin

Although plums are native to several temperate regions around the world, including North America, early colonists brought European varieties with them that supplanted native American plums. In the late 19th century, dozens of varieties from Europe and Asia were cultivated in the United States, primarily in California. The Santa Rosa variety now accounts for about a third of the total domestic crop.