Prefect Plums

Plum History!

Plums were discovered around 2000 years ago near the Caspian Sea. They traveled with Pilgrims and were introduced to the US in the 17th Century. Plums are rich in cultural recipes – they are used in desserts found in traditional Jewish holidays, plum pudding was developed in Victorian times, they were used as a frequent ingredient in North African and Norwegian cuisine, and nearly 200 plum varieties were around in Ancient Roman times.

German Blue Plum Cake

Ingredients:
¼ lb butter, 2 eggs, ½ teaspoon salt, 1 teaspoon vanilla, ¾ cup sugar, 1 ½ cup flour, 1 teaspoon baking powder, ¼ cup milk (or more), 2 ½ to 3 lb purple plum, 1 cup chopped nuts

Directions:
Cream together butter and sugar. Mix together the eggs, flour, salt, baking powder, vanilla, and milk. Grease a jelly roll pan and preheat oven to 375 F. Spread dough on pan. Halve, pit, and rinse plums. Put plum halves on dough with cut side up and touching each other. Sprinkle plums with sugar and cinnamon. Dot each plum with a tiny piece of butter. Sprinkle nuts over plums. Bake at 375 F for 30 minutes.
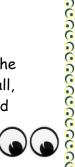
Did You Know?

Plums are said to be a determinant of the season transitioning from summer to fall, as they ripen at the end of summer and beginning of fall.

Plums are relatives of the peach, nectarine and almond.

A ripe and ready to eat plum will be slightly soft at the tip and rich in color.

There are over 100 varieties of plums in the US!

Nutrition Corner!

Plums are antioxidants, they prevent damage by neutralizing dangerous free radicals and cholesterol build-up. Plums are a very good source of vitamin C- which increase the body's absorption of iron, makes healthy tissues, and is needed for a strong immune system. A dried plum, the prune, is high in fiber, which is essential for weight control, blood sugar regulation, and colon health.

Sources:
Recipe & History:
http://www.michiganplum.org/recipes/category/desserts
Nutrition & Facts:
http://www.whfoods.com/genpage.php?tname=foodspice&dbid=35#purchasequalities