

INCREDIBLE EDIBLE IDAHO



IDAHO APRICOT FACTS:

Idaho grows the popular Gold Rich variety of apricots, typically a much larger and sweeter fruit than apricots from other states.

Idaho apricots are generally available starting early July and lasting only for a few short weeks.

Apricots are the 2nd "stone fruit" (cherries are the 1st) to be harvested in Idaho each year.

A mature apricot tree will produce around 300-400 lbs. of apricots each season.

NUTRITION FACTS:

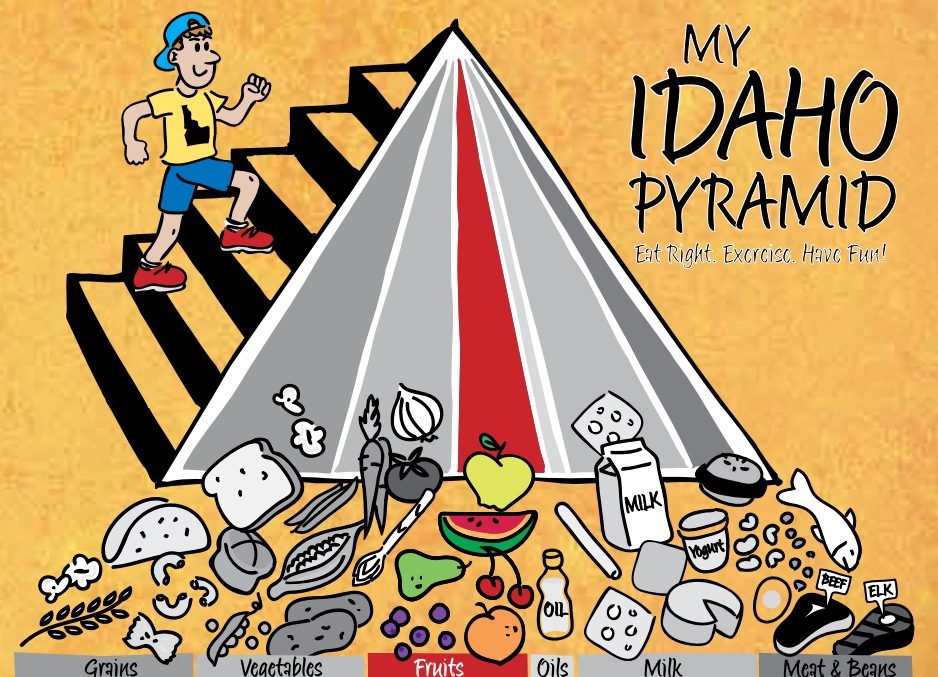
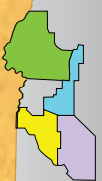
Apricots are one of the best sources of beta-carotene.

One apricot provides almost 100% the daily recommended amount of vitamin A.

Apricots are a good source of fiber and potassium.

Apricots also provide vitamin C and iron.

Counties where apricots are grown:
Canyon, Ada, Gem and Washington



Text Twisting

Figure out the words below and you will have the answer to the question below.

bifre _____

saisumpto _____

nrio _____

mge _____

ujyl _____

daa _____

atbe retoneac _____

ganhisnowt _____

Idaho Farmers grow what popular variety of apricots?

RECIPE

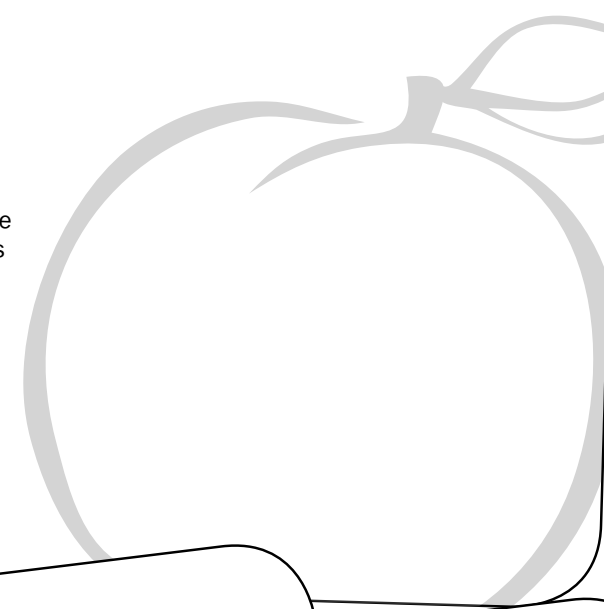
FRUIT FOOL

Ingredients

21 oz. can apricot fruit pie filling
1 (8-ounce) container frozen whipped topping, thawed
1/2 cup chopped walnuts, toasted

Preparation:

In medium bowl, fold together pie filling and thawed whipped topping just to marble. Spoon into six parfait glasses or stemmed goblets and sprinkle with nuts. Serve immediately or refrigerate until ready to serve. 6 servings



RECIPE

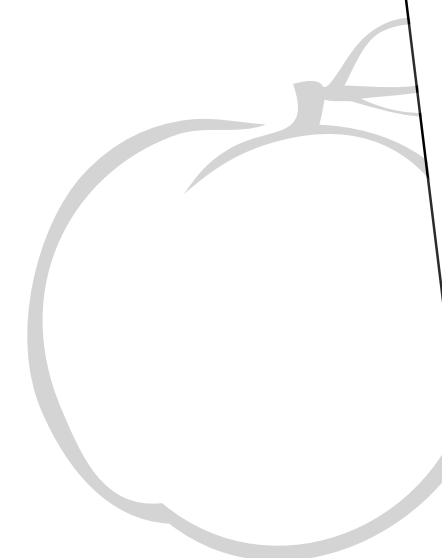
APRICOTS, YOGURT, AND HONEY

Ingredients:

1 ripe apricot, halved and pitted
4 tablespoons regular plain or Greek yogurt
Honey
1 tablespoon unsalted roasted pistachios, roughly chopped

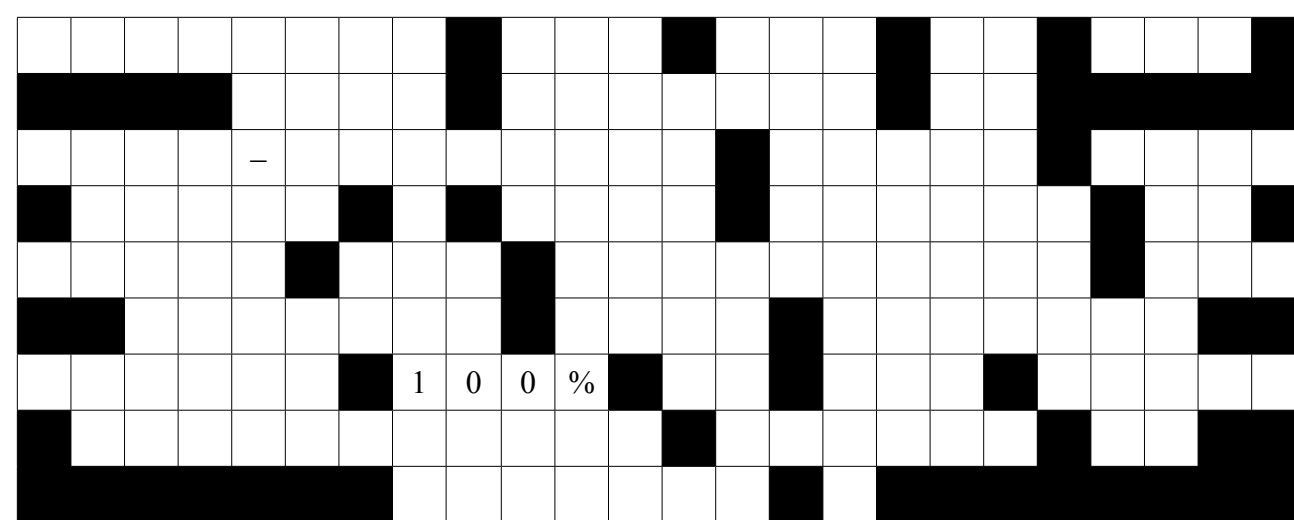
Preparation:

1. Top each apricot half with 2 tablespoons of the yogurt, drizzle with the honey, sprinkle with the pistachios, and serve.
2. While it's not necessary, if you want to give your plain (i.e., non-Greek) yogurt a thicker consistency, line a sieve with a paper coffee filter and set it over a bowl. Empty an 8-ounce container into the sieve, cover it loosely with plastic wrap, and place it in the refrigerator for at least 6 hours.



Apricots Galore

Fill in the blanks to learn about the nutrition of Apricots.



O
 A E O S -
 B O R C S R I I F L - V I
 B A I C G M O S E M T L S O H - F O
 I A E B M T E D T O O R C A E U - M T F T
 F L E T N T A R O G A U O A M T I - C D O L
 A P E P R O S T N A W D D A E A U - G D A E N E
 A E R T S I C N I T O N L O N S R - F I O I F Y
 B R M C O E A V T D P E E N S P O - T E W H E H

