



What do you get when you take a plum and an apricot and mix them together? A **pluot**! This new fruit has a smooth, firm skin much like plums with a delicious unique flavor and higher sugar level than plums and apricots.

Idaho **plums** and **pluots** are sweet, juicy and delicious. Idaho's warm springs, hot summers and chilly winters have resulted in the production of excellent fruits.

Not only are these unique fruits delicious, but they are also nutritious! Idaho **plums** and **pluots** are good sources of important vitamins and minerals, such as vitamin C, vitamin A, and potassium. These fruits also contain carotenoids and flavenoids that help maintain eye health, help protect against cancer and heart disease.

**Plum** and **pluot** trees make up around 6 percent of the fruit trees in Idaho—around 570 acres! Canyon, Payette, and Gem counties produce the most **plums** and **pluots** in the state. While there are over 140 varieties of **plums** and **pluots**,



Idaho produces mainly Empress, Friar, Presidential, Simka, and Fortune **plums**. These **plums**, and their **pluot** counterparts, are among the sweetest and juiciest varieties available for eating, cooking, and canning.

