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### Did You Know?

Apricots are classified as a stone fruit alongside peaches, plums, and nectarines. Some of the most common varieties of apricots raised here in the U.S. are Patterson, Blenheim, Tiltans and Castlebrites. Apricots originated in China over 4,000 years ago. Spanish explorers planted apricots at missions all over California. In the U.S. 95% of apricots grow in the San Joaquin Valley and other parts of northern California.

**Question: Can you name other types of stone fruits we eat?**

**Answer: Avocado, Cherries, and Pluots**

Sources: <https://lanaster.unl.edu/nep/FruitVeg16.pdf>, <http://eatfresh.org/discover-foods/stone-fruit>



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### Ways To Enjoy Apricots

- ◆ Enjoy it Raw
- ◆ Turn it into a jam or spread
- ◆ Add to muffins and bread
- ◆ Grill apricots then add to salads
- ◆ Add dried apricot to trail mix

Source: <http://eatfresh.org/discover-foods/stone-fruit>



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### Selecting & Storing

#### Look for:

- ◆ Fruit that is firm when you buy it and let it ripen at home.
- ◆ Pick apricots that are dark yellow or yellow-orange in color.

#### Avoid:

- ◆ Fruit that has bruises or soft spots, is mushy or shriveled.

#### Storage:

- ◆ Let firm fruit ripen on the counter. Once fruit is ripe, store in the refrigerator for 1 week.

Sources: <http://eatfresh.org/discover-foods/stone-fruit>, [https://extension.usu.edu/files/publications/publication/FN\\_FoodSense\\_2011-01pr.pdf](https://extension.usu.edu/files/publications/publication/FN_FoodSense_2011-01pr.pdf)



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### Nutritional Benefits

- ◆ Low in Calories, Cholesterol, and Fat
- ◆ Good source of Fiber, Potassium, and Vitamin C
- ◆ Excellent source of Vitamin A

\* Amount based on 1 cup (165 grams), about 5 apricots

Source: <https://ndb.nal.usda.gov/ndb/foods/show/301042?fgcd=&manu=&lfacet=&format=&count=&max=25&offset=&sort=default&order=asc&lookup=raw+apricot&ds=&qt=&qp=&qq=&qr=&q=&ing=>



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