

APRICOT



In Latin, apricot means “precious,” a label earned because it ripens earlier than other summer fruits. A relative of the peach, the apricot is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. Apricots originally came from China over 4,000 years ago.

Spanish explorers introduced the apricot to the New World, and they were planted in the gardens of Spanish missions all over California. The first recorded major production of apricots in America was in 1792 south of San Francisco. Today 95% of apricots grow in the San Joaquin Valley and other parts of northern California.

Apricots are great to eat raw but can also be enjoyed broiled or grilled or even poached. Apricots are a great source of vitamin A and a good source of vitamin C and potassium.