BLACK PLUM



The plum is considered a drupe fruit which means it has a hard stone pit surrounding its seeds. There are more than 140 varieties of plums sold in the United States, however 20 varieties dominate the commercial supply of plums and most are either Japanese or European varieties. Japanese are the non-prune plums. Originally from China, these plums were introduced into Japan more than 300 years ago. Most varieties have yellow or reddish flesh that is quite juicy and skin colors that range from crimson to black-red. Japanese plums are a clingstone fruit, which means their flesh clings to the pit. European plums are smaller, denser and less juicy than Japanese varieties. Their skin color is always blue or purple and their pits are usually freestone, meaning they separate easily from the flesh. The flesh is a golden yellow color. These are the plums that are made into prunes; a few varieties are sold fresh.

Plums may be eaten fresh or used in cooking. Plums are a good source of vitamin C while prunes are a good source of vitamin A and fiber.