

Harvest of the Month

Apricot

Calories

17

Total Fat

0g

Sodium

0mg

Sugars

3g

1
Apricot

FUN FACTS:

Apricots taste sweet because they contain three sugars ~ sucrose, glucose and fructose, which will give you energy.

This institution is an equal opportunity provider.



Apricots were discovered over 4000 years ago on the mountain slopes of China.

The San Joaquin Valley in California produces 95% of the apricots in the U.S. China and Turkey are the largest producers in the world.

Apricots taste sweet because they contain three sugars ~ sucrose, glucose and fructose, which will give you energy.