



APRICOTS

History/Origin

- ☆ Apricots were discovered over **4000** years ago on the mountain slopes of **China**.
- ☆ **Spanish explorers** introduced the apricot to California. The first California crop was produced in **1792**.
- ☆ The **San Joaquin Valley** in California produces **95%** of the apricots in the United States. The majority of these growers are **small, family-owned businesses**.
- ☆ The largest producers of apricots in the world are **China** and **Turkey**.



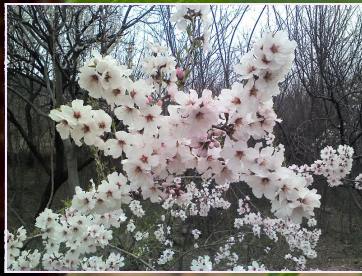


Botanical

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- ☆ Apricots are ***small-golden orange*** fruits with ***velvety skin*** and flesh, not too juicy but definitely smooth with a ***sweet, tart*** flavor.
- ☆ They are one of the ***first signs of summer***, and are in season in North America from May through August.
- ☆ ***They are often crossed with plums:***
 - ★ ***pluots (mostly plum),***
 - ★ ***apriums (mostly apricot) and***
 - ★ ***plumcots (equal plum and apricot).***
- ☆ Apricots are related to the ***peach***.





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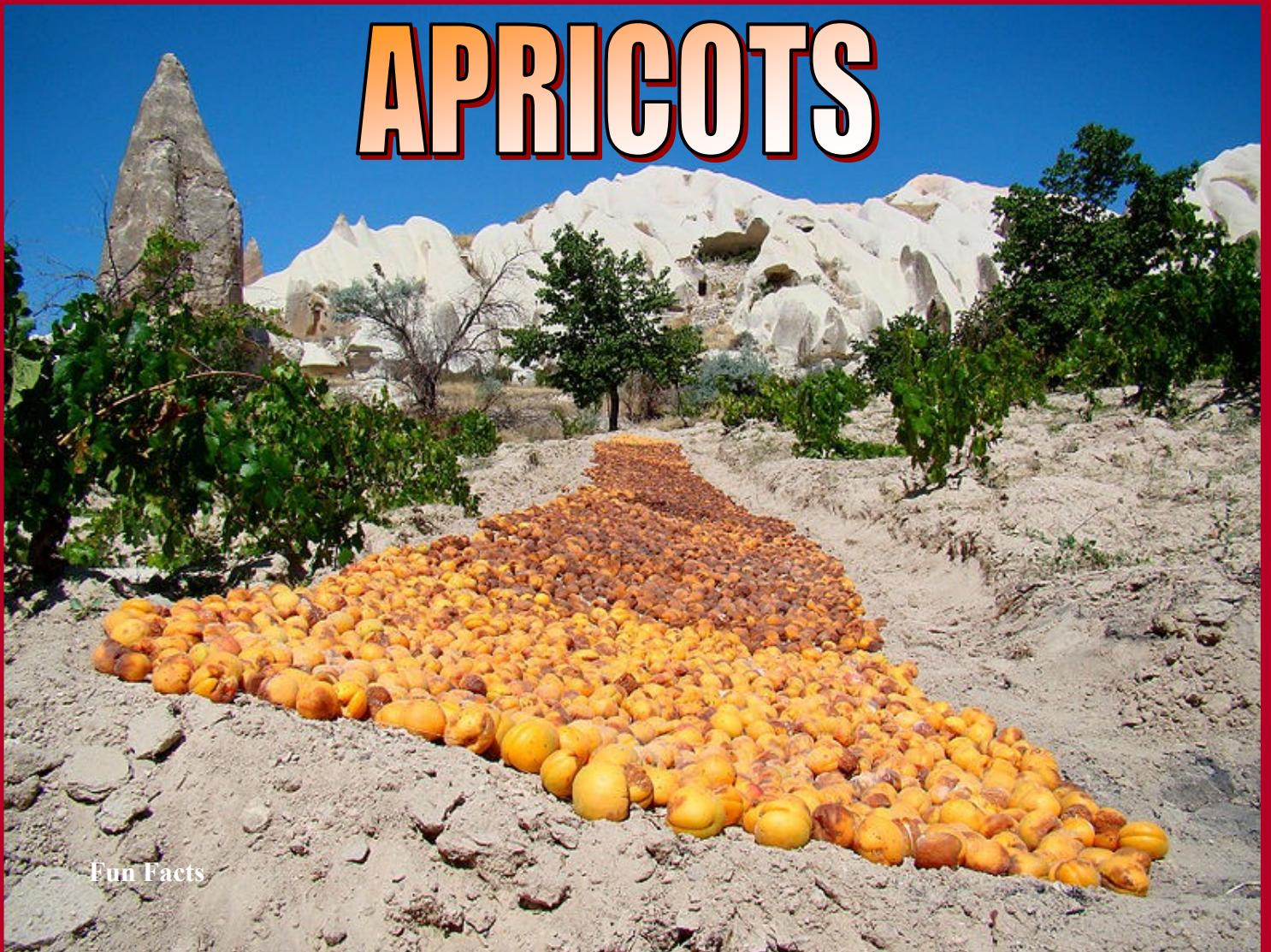
Nature's Nutritional-Powerhouse

Nutrition

- ♥ Apricots have a unique mix of *anti-oxidants* that aids in fighting heart disease and cancer.
- ♥ They are an excellent source of *Vitamin A*, which protects the eyes and keeps the skin, hair and gums healthy. It also builds bones and teeth.
- ♥ Apricots taste sweet because they contain *three sugars* ~ sucrose, glucose and fructose, which will *give you energy*.



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Fun Facts

Pictured above—Apricots drying on the ground in Turkey.

- ☆ Apricots *can be purchased* fresh, canned, frozen, dried and as nectar both in juice and concentrate.
- ☆ Essential *oil from the pits of apricots* is sold commercially as bitter almond oil.
- ☆ *Astronauts* ate apricots on the Apollo moon mission.

