

# STONE FRUIT

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Stone fruits include peaches, nectarines, plums, cherries, apricots, and more. They have a thin skin and a “stone” in the center, called the pit or seed.
- They are ripe when the flesh starts to feel slightly soft when squeezed. Select colorful stone fruit with smooth skin.
- Different stone fruits contain different nutrients. Most stone fruits contain:
  - Dietary fiber to help manage weight, improve digestion, and lower cholesterol
  - Vitamin C to help heal wounds, keep teeth and gums healthy, and support your immune system



## PREPARE

Wash stone fruit before eating. To remove pit, use a small sharp knife to cut through to the pit. Cut all the way around the fruit. Hold fruit in your hands and gently twist in opposite directions. Remove the pit.

Try stone fruit:

- *Fresh* as a delicious and nutritious snack
- *As a topping* to oatmeal, cereal, yogurt, or pancakes
- *Diced* and mixed with sliced onions and vinegar for a simple salsa

## STORE

- Leave stone fruits out at room temperature for a day or two to ripen. Once ripe, store in the refrigerator for 3-5 days.
- To freeze, remove pit and slice stone fruit into similar sized slices. Place slices on a parchment lined baking sheet and move to freezer for 24 hours. Place slices in freezer safe bag or container for up to a year.