



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Plum

Dakota: Kanta hu
Lakota: kǎ́ŋta



Pick it!

If flesh is
beginning to
soften when
gentle pressure is
applied, it is ready
to eat.

Try it!

Can be eaten
fresh, baked,
poached or
added as a puree
for sauce and
desserts.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Plum

In season:



Summer

Dakota: *Kanta hu*

Lakota: *kǰáŋta*

Pick it!

Plums come in many colors and varieties.

If the flesh is beginning to soften when gentle pressure is applied, it is ready to eat. If not, allow it to ripen for a day or more at room temperature, checking for ripeness daily.

Ripe plums can be stored in the refrigerator for a few days until eaten.



Try it!

Fresh plums are often eaten fresh as snacks and are great raw. The plum is also attractive in salad or fresh fruit parfaits.

They may be baked, poached (cooked in a liquid) or added as a puree for sauce for desserts.

Plums and plum sauce help to naturally sweeten and give more flavor to meats; it pairs especially well with pork.



Types of Plum

European and Japanese: Common for eating and drying into prunes, have purple or blueish skin, yellow to blue flesh

Cold hardy hybrids: Developed for Northern states

Prune: Type of dried European plum, made by removing pit and dehydrating plums



Did you know...

Potassium helps balance the body to make muscles contract, control blood pressure and heartbeat. Fruits and vegetables are good sources of potassium.

Like it!

Plum Sauce

Ingredients

- 12 ounces canned plums in heavy syrup
- ½ cup reserved juice from canned plums
- 3 Tablespoons white vinegar
- 1 teaspoon brown sugar
- A pinch of ground ginger
- 3 Tablespoons water

Directions

1. Remove plums from the syrup, cut in ½, remove pits and chop into pieces.
2. Combine plums and all remaining ingredients in a small saucepan. Bring to a boil, then reduce heat and simmer for about 30 minutes, stirring occasionally.
3. Plums will fall apart and sauce will start to get thick.
4. Serve over pork chops, chicken breast or even meatloaf.
5. This recipe makes 5-6 servings, and leftovers may be refrigerated.

Yields 6 servings

Nutrition Facts per Serving:
Calories 70g; fat 0g; Cholesterol 0mg; Sodium 10mg;
Carbohydrates 18g; Sugar 14g; Fiber 1g; Protein 0g

Dakota Perspective (Plum)

Dakota: Kanta hu Lakota: kǰáŋta

Eaten fresh from the branch or can be cooked to make a pudding or can be dried and used later to flavor meats and fish fillets. The seeds were decorated and used as dice in a variety of games.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.

Plum Oat Bars

Ingredients

- Nonstick cooking spray
- 2 cups old-fashioned oats
- ½ cup dried plums, chopped
- ½ cup walnuts, chopped (optional)
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup packed brown sugar (or ¾ cup regular sugar)
- ⅓ cup margarine

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine oats, plums, cinnamon and salt. If using walnuts, add those as well. Set aside.
3. In a medium saucepan, combine brown sugar and margarine. Cook over medium heat until melted, stirring constantly.
4. Pour sugar mixture over oat mixture, stirring until all the ingredients are coated.
5. Press firmly and evenly in a greased 9x9 baking pan.
6. Bake for 20-25 minutes or until the edges are golden brown.
7. Cut into the bars when they are still hot. Cool completely in pan, then re-cut and remove bars with a spatula.

Bars can be wrapped with plastic wrap or sealed in a plastic bag.

Yields 12 bars

Nutrition Facts per Serving:
Calories 172g; fat 8g; Cholesterol n/a; Sodium 231mg;
Carbohydrates 24g; Sugar 14g; Fiber n/a; Protein 3g

**Find more recipes
and videos at
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- If the flesh is beginning to soften when gentle pressure is applied, it is ready to eat. If not, allow it to ripen for a day or more at room temperature, checking for ripeness daily.
- Ripe plums can be stored in the refrigerator for a few days until eaten.
- Fresh plums are often eaten fresh as snacks and are great raw.
- They can also be sliced into salads or fresh fruit parfaits, baked, poached and added to pureed sauces for desserts.
- Plums and plum sauce help to naturally sweeten and give more flavor to meats; it pairs especially well with pork.

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- 1 teaspoon brown sugar
- A pinch of ground ginger
- 3 Tablespoons water

Directions

1. Remove plums from the syrup, cut in ½, remove pits and chop into pieces.
2. Combine plums and all remaining ingredients in a small saucepan. Bring to a boil, then reduce heat and simmer for about 30 minutes, stirring occasionally.
3. Plums will fall apart and sauce will start to get thick.
4. Serve over pork chops, chicken breast or even meatloaf.
5. This recipe makes 5-6 servings, and leftovers may be refrigerated.

Yields 6 servings

Nutrition Facts per Serving:

Calories 70g; fat 0g; Cholesterol 0mg; Sodium 10mg; Carbohydrates 18g; Sugar 14g; Fiber 1g; Protein 0g

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Plum Oat Bars

Ingredients

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- 2 cups old-fashioned oats
- ½ cup dried plums, chopped
- ½ cup walnuts, chopped (optional)
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup packed brown sugar (or ¾ cup regular sugar)
- ⅓ cup margarine

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine oats, plums, cinnamon and salt. If using walnuts, add those as well. Set aside.
3. In a medium saucepan, combine brown sugar and margarine. Cook over medium heat until melted, stirring constantly.
4. Pour sugar mixture over oat mixture, stirring until all the ingredients are coated.
5. Press firmly and evenly in a greased 9x9 baking pan.
6. Bake for 20-25 minutes or until the edges are golden brown.
7. Cut into the bars when they are still hot. Cool completely in pan, then re-cut and remove bars with a spatula.

Bars can be wrapped with plastic wrap or sealed in a plastic bag.

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Calories 172g; fat 8g; Cholesterol n/a; Sodium 231mg; Carbohydrates 24g; Sugar 14g; Fiber n/a; Protein 3g



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Sampling Display Instructions

Plum Sauce

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 Tablespoon over Melba toast or snack cracker.			
Canned plums in heavy syrup	15 ounces	20 ounces	30 ounces
Reserved juice from canned plums	½ cup	¾ cup	1 cup
White wine vinegar	3 Tablespoons	¼ cup	⅓ cup
Brown sugar	1 teaspoon	1 ½ teaspoons	2 teaspoons
Garlic powder	⅛ teaspoon	¼ teaspoon	½ teaspoon
Ground ginger	A pinch	⅛ teaspoon	¼ teaspoon
Water	3 Tablespoons	¼ cup	⅓ cup

Directions:

1. Drain plums and reserve juice (½ cup for 24, ¾ cup for 32, 1 cup for 48).
2. Cut plums in ½, remove pits and chop into pieces.
3. Combine the plums and remaining ingredients in a small saucepan. Bring to a boil, reduce heat, and then simmer for 30 minutes. Stirring occasionally.
4. Once sauce thickens, transfer to a warmed slow cooker for transport.
5. Serve 1 Tablespoon sauce over Melba toast square or large snack cracker.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups
- Spoon for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/watch?v=eRjZcwhcUwY



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post Allergy Alert sign.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use plums often in their meals. Ask if they could use this recipe.
- Remind them that this can be served over chicken, pork chops and even meatloaf. Keeps well in the refrigerator.
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Sampling Display Instructions

Plum oat bars

Ingredients	24 Samples	48 Samples
Sample: ¼ of a bar		
Oats	1 cup	2 cups
Plums, dried	¼ cup	½ cup
Walnuts	¼ cup	½ cup
Cinnamon	½ teaspoon	1 teaspoon
Salt	⅛ teaspoon	¼ teaspoon
Brown Sugar	¼ cup plus 2 Tablespoons	¾ cup
Margarine	2 Tablespoons plus 2 teaspoons	⅓ cup

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine oats, plums, cinnamon and salt. If using walnuts, add those as well. Set aside.
3. In a medium saucepan, combine brown sugar and margarine. Cook over medium heat until melted, stirring constantly.
4. Pour sugar mixture over oat mixture, stirring until all the ingredients are coated.
5. Press firmly and evenly in a greased 9x9 baking pan. If making 24 samples, a bread pan may work best.
6. Bake for 20-25 minutes or until the edges are golden brown.
7. Cut into the bars when they are still hot. Cool completely in pan, then re-cut and remove bars with a spatula. Transfer to airtight container for transport.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates
- Spatula for serving
- Pick it! Try it! Like it! Preserve it! produce sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

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