



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Plum

**In season:**



**Summer**

**Dakota: Kanta hu**

**Lakota: kǰáŋta**

## Lesson Plan

### Objectives

Participants will:

- identify plums as a fruit from MyPlate.
- increase knowledge in the selection, storage and nutritional value of plums.
- identify prunes as dried plums.
- demonstrate the use of plums in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Daily Recommendations visual
- ½ cup and 1 cup measuring cups
- Visuals of plums or food models of plums and dried plums

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet

### Recipe Choices

- Plum Sauce
- Plum Oat Bars

### Cooking and Food Safety Skill Sheets

- Handwashing
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Stove Top Safety
- Oven Use and Safety

### Other Cooking and Food Safety Skills

- Kitchen terms – boil and simmer

### Supplies for Plum Lesson

- Plum Sauce
  - » Can opener
  - » Measuring spoons
  - » Liquid measuring cup
  - » Knife
  - » Cutting board
  - » Saucepan
  - » Spoon
  - » Stove or electric burner
- Plum Oat Bars
  - » 9 x 9 baking pan
  - » Large bowl
  - » Saucepan
  - » Rubber scraper
  - » Spoon
  - » Potholders
  - » Stove or electric burner

### Notes

- Dakota and Lakota translation of the name of the produce is available at the end of this document.

### Plums-original to South Dakota prior to European settlement.


- Dakota name - Kanta hu
- Lakota name - 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.

Dakota word translation and perspective provided by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>• It is closely related to peaches, nectarines and apricots.</li> <li>• It can be eaten fresh, dried, canned, as juice or as jam or jelly.</li> <li>• It grows on every continent except Antarctica.</li> <li>• It is part of the nursery rhyme "Little Jack Horner".</li> </ul> <p>(Answer: Plum.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of plums.</li> </ul>
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into 4 food groups and the dairy group is shown as a glass of milk. If we look at the plate, <math>\frac{1}{2}</math> of it is fruits and vegetables and the other <math>\frac{1}{2}</math> is grains and proteins.</p> <p>What food group do you think plums belong to?</p> <p>(Answer: Fruit.)</p>	<ul style="list-style-type: none"> <li>• Point to MyPlate poster.</li> <li>• Call on someone to guess what food group plums belong in.</li> </ul>
<p>Depending on your age and gender, we should be eating between 1-2 cups of fruit a day. You can eat fruit that is fresh, frozen, canned, dried or as juice to meet those needs.</p>	<ul style="list-style-type: none"> <li>• Refer to the Daily Recommendations visual for age specific servings.</li> </ul>
<p>One large plum is equal to <math>\frac{1}{2}</math> cup of fruit.</p> <p>One cup of sliced fresh or cooked plums or 3 medium size or 2 large plums is equal to 1 cup of fruit from MyPlate.</p>	<ul style="list-style-type: none"> <li>• Show some different sizes of plums, if possible or use food models to illustrate what <math>\frac{1}{2}</math> cup and 1 cup of plums look like. Have a <math>\frac{1}{2}</math> and a 1 cup measuring cup for reference.</li> </ul>
<p>Plums are a fruit that grow on trees. The plum is a drupe fruit which means it is a fruit with a pit. It comes in a variety of sizes and colors including red, purple and yellow. The flavor of plums can range from really sweet to rather tart.</p> <p>Some plum varieties are grown to be dried and still keep their sweetness. These varieties are used for prunes. Prunes are made by removing the pit and dehydrating or drying the plum.</p>	<ul style="list-style-type: none"> <li>• Show visuals of different types of plums.</li> <li>• Show a visual or a food model of a prune.</li> </ul>

What You Say:	What You Do:
When buying plums, choose those that are plump and that are an even color all over. Don't purchase plums that are shriveled or that have cracked skin. When the plum is slightly soft at the stem end, it is ready to eat. Plums can be ripened by putting them in a paper bag and storing them at room temperature for up to 3 days. The fruit will not get sweeter as it softens, but it will get juicier. Ripe plums can be stored in the refrigerator for up to 5 days.	<ul style="list-style-type: none"> <li>If an actual plum is available, point out the qualities to look for when purchasing plums.</li> </ul>
Be sure to wash plums before eating or cutting. To wash, rinse under cool running water right before eating.	<ul style="list-style-type: none"> <li>Refer to Washing Fruits and Vegetables skill sheet.</li> </ul>
When figuring the cost of plums, use the Produce by the Pound visual. To use, find the price per pound for the variety of plum that you are going to purchase. Place the plums on the grocery store scale for an approximate weight. Round the weight up to the nearest pound or ½ pound. Then estimate the cost of the pears using the produce calculator.	<ul style="list-style-type: none"> <li>Refer to the Produce by the Pound visual. Show the participants how to use it to estimate the cost of fruits and vegetables.</li> </ul>
Plums can also be purchased in the canned form.  When using canned plums, remember to wash the top of the can before opening.	<ul style="list-style-type: none"> <li>Show a can of plums and point out the nutrition facts label.</li> <li>Discuss reasons for washing the top of a can.</li> </ul>
What are some ways that we can eat plums? (Possible answers: Fresh, sliced and added to green salads, in fruit salads, sliced and topped with yogurt and granola for a fruit parfait, blended into a smoothie, baked, poached, made into puree or sauce and added to cakes or frozen desserts, made into jams and jellies, dried and used as snacks or used in breads and other baked goods, canned.)	<ul style="list-style-type: none"> <li>Encourage participants to answer and allow discussion.</li> </ul>
Why would we want to eat plums? (Answer: Plums can add variety to meals and snacks. Plums are fat free, sodium free, cholesterol free and are a good source of vitamin C.)  Vitamin C helps cuts and bruises to heal and helps to keep our gums healthy.	<ul style="list-style-type: none"> <li>Refer to Plum Nutrition Information sheet.</li> </ul>
Are you ready to try out a recipe using plums?  What is the first thing we need to do before preparing a recipe? (Answer: Wash hands.)	<ul style="list-style-type: none"> <li>Review Handwashing skill sheet.</li> </ul>

 = for adults or older youth

# Use this page if you are going to prepare Plum Sauce

## Equipment List

- Can opener
- Measuring spoons
- Liquid measuring cup
- Knife
- Cutting board
- Saucepan
- Spoon
- Stove or electric burner

What You Say:	What You Do:
Today we are going to be making Plum Sauce. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> <li>• Pass out recipes and read aloud with participants.</li> </ul>
<p>We will be using canned plums for this recipe.</p> <p>Remember that we can get our fruit servings using fresh, canned, frozen and dried fruits as well as fruit juice.</p> <p>What is one thing that we should do to canned goods before opening them? (Answer: Wash the tops.)</p> <p>Why is it important to do this? (Possible answers: There may be dirt, dust and germs on them from sitting on the shelves in the store or cupboard, animals and insects may have walked across them in the warehouse.)</p> <p>We should also wash the can opener after each use.</p>	<ul style="list-style-type: none"> <li>• Call on participants who would like to share answers.</li> <li>• Discuss safely using a can opener.</li> </ul>
After removing the plums from the can, we are going to be chopping them into pieces. We will use a knife and cutting board to do this step.	<ul style="list-style-type: none"> <li>• Go over Knife Safety and Cutting Boards skill sheet.</li> </ul>
We will be measuring ½ cup of juice from the canned plums. How do we measure a liquid ingredient? (Answer: Use a liquid measuring cup and measure at eye level.)	<ul style="list-style-type: none"> <li>• Go over Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
<p>All of the ingredients will be combined and placed in a saucepan. The mixture will come to a boil and simmer for 30 minutes.</p> <p>What does the cooking term "boil" mean? (Answer: To heat a liquid until bubbles break continually on the surface.)</p> <p>What does the cooking term "simmer" mean? (Answer: To cook slowly in liquid over low heat. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.)</p>	<ul style="list-style-type: none"> <li>• Review Stove Top Safety skill sheet with participants.</li> <li>• Call on someone who would like to answer.</li> </ul>
The sauce will thicken as it simmers. The sauce can be served over pork chops, chicken and meatloaf.	
Where would we store any leftover plum sauce? (Answer: In the refrigerator.)	

# Use this page if you are going to prepare Plum Oat Bars

## Equipment List

- 9 X 9 baking pan
- Large bowl
- Saucepan
- Rubber scraper
- Spoon
- Potholders
- Stove/oven

What You Say:	What You Do:
Today we are going to be making Plum Oat Bars. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> <li>• Pass out recipes and read through the steps with participants.</li> </ul>
This recipe uses dried plums which are also called prunes. They are a good addition to cookies, breads and desserts.	<ul style="list-style-type: none"> <li>• Show the participants the prune packaging and an actual dried plum.</li> </ul>
The first thing we will need to do is preheat the oven, so it is heated when we are ready to bake the bars.	<ul style="list-style-type: none"> <li>• Go over Oven Use and Safety skill sheet.</li> </ul>
Why would we want to spray the pan with cooking spray? (Answer: To prevent the bars from sticking to the pan; makes it easier to serve the bars.)	<ul style="list-style-type: none"> <li>• Allow discussion.</li> </ul>
In the large bowl, we will be combining the oats, dried plums, cinnamon and salt.  The oats that we are using are old-fashioned oats. This type of oat is a whole grain. Whole grains provide us with fiber which helps with healthy digestion.  In the saucepan, we will combine the margarine and brown sugar and cook it over medium heat until it is melted.  How do we measure brown sugar? (Answer: Use a dry measuring cup and pack the brown sugar.)	<ul style="list-style-type: none"> <li>• Demonstrate measuring brown sugar.</li> </ul>
After baking and cooling, the bars can be cut and wrapped individually.	
Start preparing the Plum Oat Bars.	

## Visuals



**Plum blossoms**



**Plums growing on a tree**



**Dried plums**



**Plums have a pit inside of them**

## Plum Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Plum	2 med. 132 g	61	1.8	10%	13	207	7
Plum, dried (5 Prunes)	¼ c. 43 g	102	3.0	--	0	311	2
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-3 cup servings of fruit per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

# Plum Sources

## Recipe

- [californiaprunes.org/recipes/](https://californiaprunes.org/recipes/)

## Clues

- [mobile-cuisine.com/did-you-know/plum-fun-facts/](https://mobile-cuisine.com/did-you-know/plum-fun-facts/)

## Information

- [extension2.missouri.edu/](https://extension2.missouri.edu/)
- [fruitsandveggies.org/fruits-and-veggies/plum/](https://fruitsandveggies.org/fruits-and-veggies/plum/)
- [myplate.gov/eat-healthy/fruits](https://myplate.gov/eat-healthy/fruits)
- [snaped.fns.usda.gov/seasonal-produce-guide/plums](https://snaped.fns.usda.gov/seasonal-produce-guide/plums)
- [extension.umaine.edu/publications/4265e/](https://extension.umaine.edu/publications/4265e/)
- [michigannutritionnetwork.org](https://michigannutritionnetwork.org)
- [extension.oregonstate.edu](https://extension.oregonstate.edu)
- [idph.iowa.gov](https://idph.iowa.gov)

## Dakota translation and perspective

- Provided by a member of Hunkapti Dakota.

## Lakota translation

- Translated by Jeshua Estes

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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.

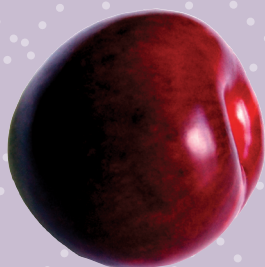


## Types of Plum

**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

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and videos at  
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