



Stone Fruits July 2010



Each summer, stone fruits reach their peak in an all-too-fleeting moment of perfection. Apricots, peaches, plums, nectarines and cherries are all examples of stone fruits, or drupes. In botany, a drupe is a fruit with an outer fleshy part surrounding a pit or stone that has a seed inside. Vitamins A and C, fiber, and potassium are all found in stone fruits. Recent research found that when over 100 varieties of plums, peaches and nectar-

ines were studied in the lab, they matched or exceeded blueberries in antioxidants and phytonutrients.

Fruits and vegetables are the source of many vitamins, minerals, and other natural substances that may help protect from chronic diseases. The bottom line continues to underscore the importance of consuming at least 5 servings of fruits and vegetables.