



TAHOE FOREST
HEALTH SYSTEM

Harvest of the Month

Apricots

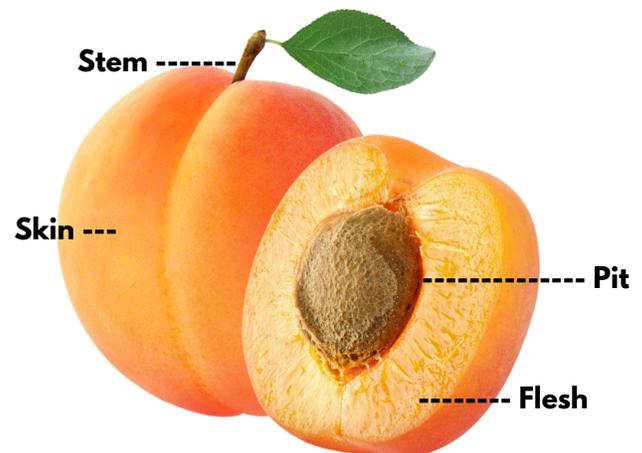
Engaging Questions

- Raise your hand if you think you can eat the pit of an apricot.
- How many years do you think apricot trees can produce fruit for? (A: as many as 25 years)
- What fruit does an apricot look similar to?

Reasons to Eat

- They are high in vitamin A and C, which supports immune health.
- Vitamin A also healthy skin by protecting against damage and promoting collagen production.
- They are rich in fiber which supports digestion, heart health, blood sugar control, and so much more!

Botanical Facts



Scientific Name: Prunus Armeniaca

Family: Rosaceae

Classification: Stone Fruits

Produce Tips

- To ripen under-ripe apricots, store in a paper bag at room temperature.
- Once ripe, refrigerate them to slow down the ripening process.
- Choose apricots with a deep orange or yellow-orange color.

How do they grow?

- As one of the earliest ripening stone fruits, apricot has the shortest growing season beginning in mid-May through mid-August in California.
- Apricots require winter chilling to ensure adequate bud production and can tolerate low winter temperatures, but grow best in areas with a low risk of spring frost.
- A standard full-size apricot tree can grow from 20 to 30 feet tall.
- A full-size apricot can produce 150 to 200 pounds of fruit per year.

Fun Facts

- Apricots can be eaten fresh or dried, and are a good source of vitamin A and potassium.
- Apricots are related to roses, as well as peaches, plums, and almonds.
- The blossoms on apricot trees appear early in the spring, often before other fruit trees.
- Apricots were even eaten by astronauts on the Apollo moon missions.
- There are over 60 different varieties of apricots grown around the world.

Connection to California

- Apricots are one of the first stone fruits to ripen in the summer.
- Apricots are primarily grown throughout the San Joaquin Valley of California.
- California, with 9,400 acres planted, leads the nation in production, accounting for approximately 95% of the total U.S. production.

History

- Apricots originated in China and was cultivated extensively in the Mediterranean prior to being brought to North America.
- Apricots were originally introduced in Virginia, but apricot cultivation in North America was not successful until it was brought to California by Spanish missionaries in the late 1700's.