

All About Apricots

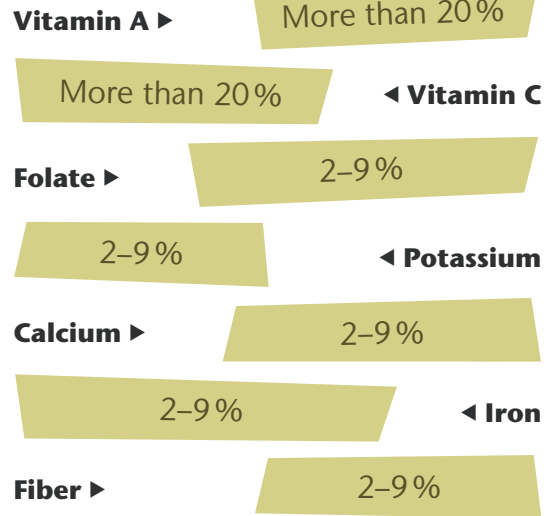
Seasonal Crop Growth



Adapted from Washington State Harvest Calendar
(www.pickyourown.org/WAharvestcalendar.htm)

Nutrient Power Pack

Apricots contain key nutrients that benefit your health.
½ cup provides the following Daily Value (%DV).



ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Did You Know?

- * **Vitamin A** helps with healthy skin, good vision, and resistance to infection.
- * **Vitamin C** supports healthy gums, skin and blood.
- * **Antioxidants** that give apricots their beautiful orange color also support heart health and reduce the risk of some cancers.
- * **Sun-dried apricots** are nutritiously denser than fresh ones, but retain less vitamin C.

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More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



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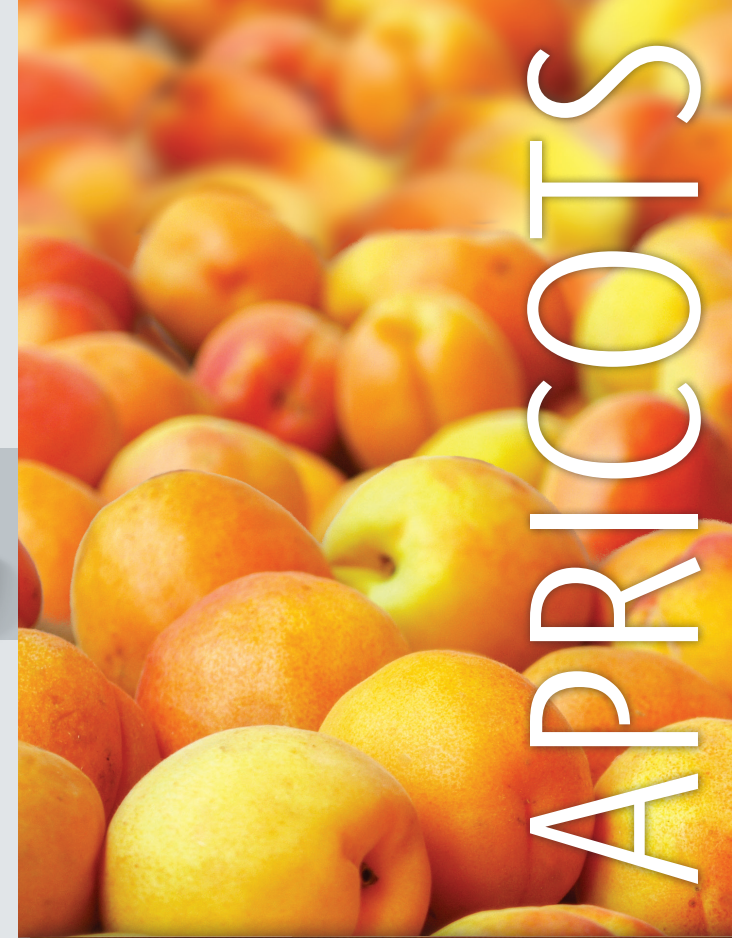
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Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

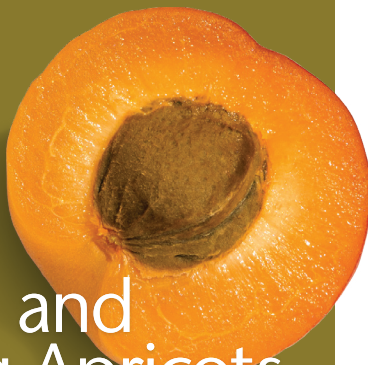
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Selecting and Preparing Apricots



- ☞ Choose plump apricots that aren't too soft and have a deep orange color. Avoid apricots with cracks or white spots.
- ☞ Handle apricots with care as they bruise easily. Bruising makes them spoil more quickly.
- ☞ Eat fresh, ripe apricots or cook them just as you would peaches or nectarines; remove center stone (pit).
- ☞ Apricot slices can be frozen for later use. Lemon juice will prevent flesh from browning after slicing.
- ☞ Try adding fresh apricots to your morning yogurt, oatmeal or cereal. They can also add a delicious sweetness to salads.

Easy Fruit Cobbler

Makes 1 cobbler

- 1 cup flour*
- 2 teaspoons baking powder
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup milk
- 2 tablespoons oil or butter
- 2 cups fresh apricots or other fresh fruit or berries, sliced

- 1 Pre-heat oven to 325°F.
- 2 Melt butter in a 9×9-inch baking dish.
- 3 Blend together flour, baking powder, sugar and milk.
- 4 Pour batter in baking dish and spoon fruit on top.
- 5 Bake for 1 hour.

*Note: You may substitute up to $\frac{1}{2}$ cup whole grain pastry flour, if desired.

Chicken Salad with Apricots

Makes 1-2 servings

- 2 tablespoons walnut pieces
- 2 apricots or 1 peach
- $\frac{1}{2}$ cup chopped, cooked chicken
- $\frac{1}{8}$ cup thinly sliced red onion
- 1 to 2 tablespoons poppy seed salad dressing or a dressing of your choice
- $1\frac{1}{2}$ cups salad greens

- 1 Pre-heat oven to 325°F.
- 2 Arrange walnuts in a single layer on a baking sheet.
- 3 Toast walnuts in oven for 7 to 10 minutes, until they just begin to darken. Remove from oven and let cool.
- 4 Remove pit from apricots and slice fruit.
- 5 Place half of fruit in a bowl and add chicken, onion and half of salad dressing. Toss to coat.
- 6 Add greens, walnuts and remaining dressing; toss to coat. Top with remaining sliced fruit.

Breakfast Grains with Apricots

Makes 4 servings

- $\frac{1}{2}$ cup chopped nuts
- 1 teaspoon ground cinnamon
- 1 cup whole grain (quinoa, oats, bulgur or cracked wheat)
- 2 cups milk
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 8 fresh apricots, finely chopped (can substitute dried apricots)

- 1 Toast nuts in a skillet over MEDIUM heat until just golden, 3 to 5 minutes. Set aside to cool.
- 2 Combine cinnamon and grain in a saucepan over MEDIUM heat until warmed through.
- 3 Add milk and salt to the saucepan and stir.
- 4 Bring the mixture to a boil, reduce heat to LOW, cover, and allow to cook at a simmer for 15 minutes.
- 5 Stir vanilla, honey, apricots and about half the nuts into the grain mixture.
- 6 Top with the remaining nuts when serving.