

HARVEST OF THE MONTH:

Apricots





A world map with countries color-coded: North America (light blue), South America (green), Europe (various colors), Africa (various colors), Asia (various colors), and Australia (green). Three callout boxes with arrows explain the history of apricots. One arrow points from China to the United States, another from the United States to Canada, and a third from China to Australia.

As travelers visited the Caucasus they took apricots across Europe.

The apricot tree originated in China.

When settlers left Europe in the 1700s, they brought the apricot with them.

HISTORY OF Apricots



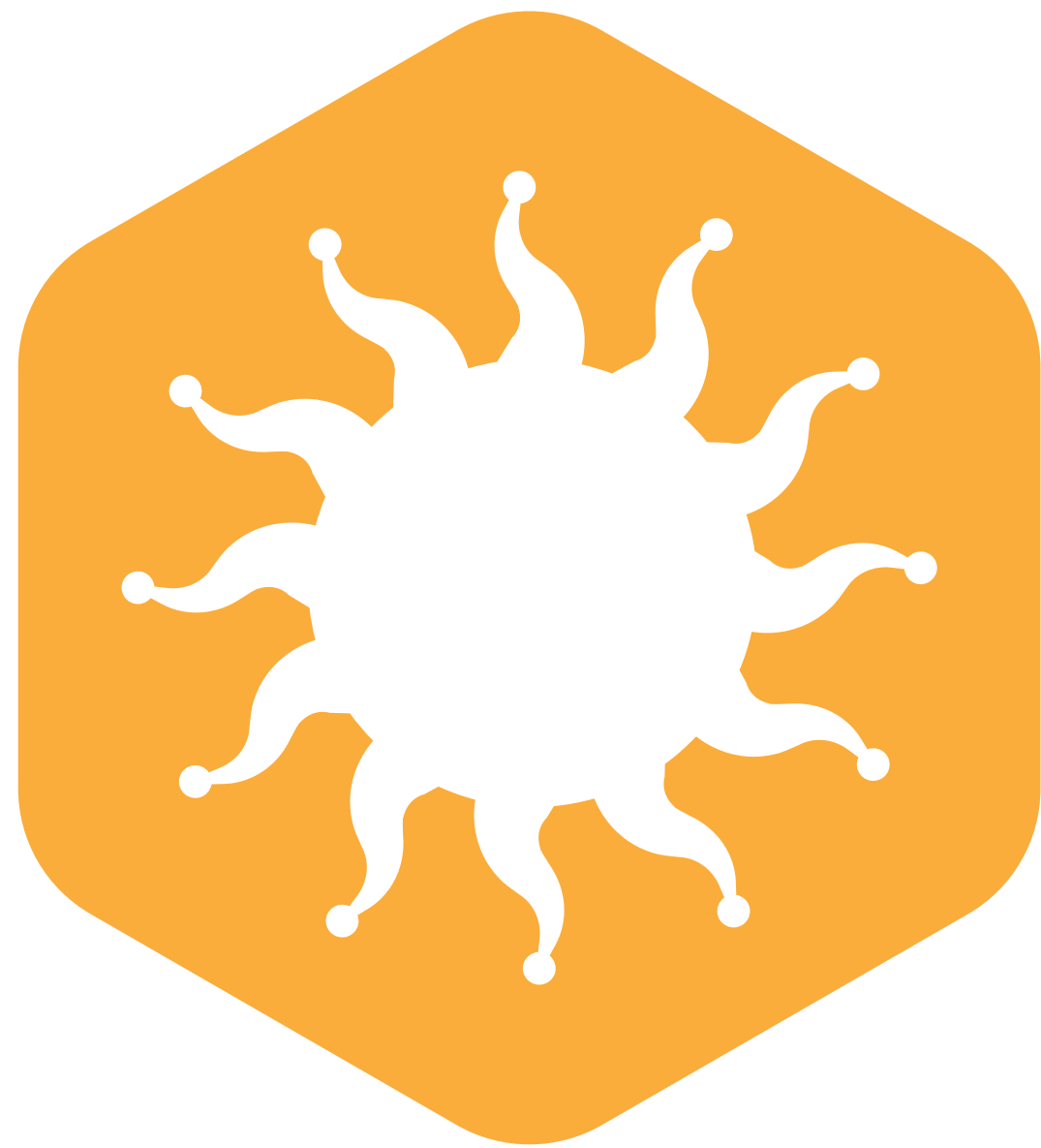
**After pollination,
we eat the
swollen fruit.**

**Apricots
grow on trees.**



HOW DO APRICOTS GROW?

WHAT SEASON DO WE PICK APRICOTS?



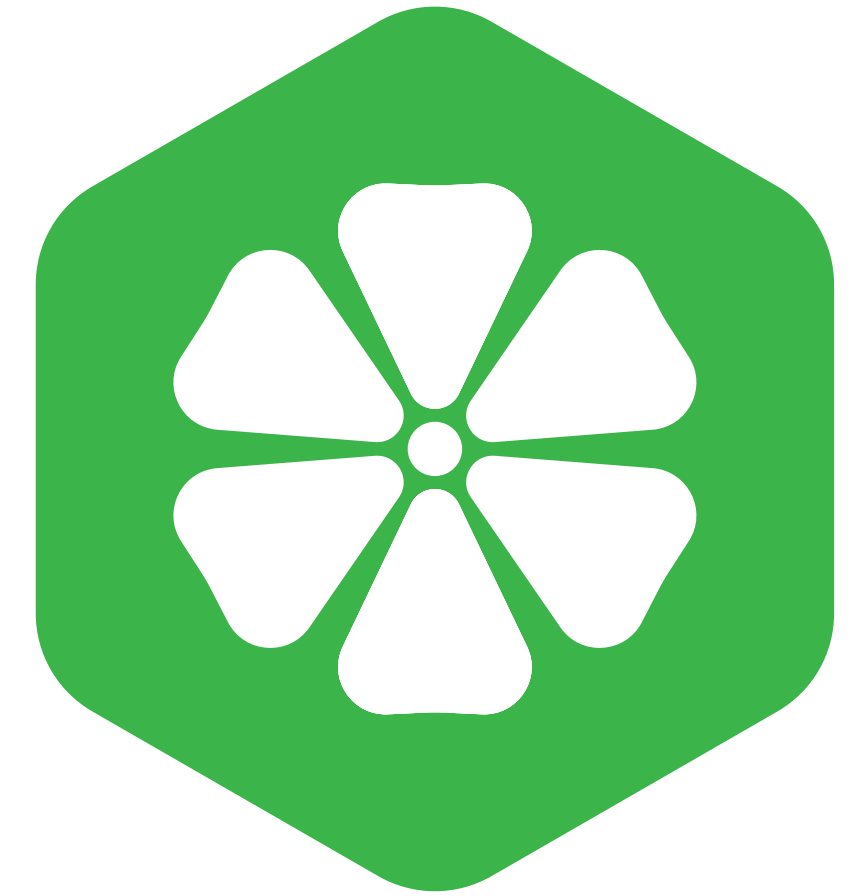
SUMMER



AUTUMN



WINTER



SPRING

Apricots are usually picked from mid to late summer.

WHY SHOULD WE EAT APRICOTS?

Healthy immune system
(prevents colds)



Healthy digestion,
cleans out your system



Healthy eyes



Healthy muscles



HOW DO YOU PICK A GOOD APRICOT?

- Apricots should be firm and have a consistent yellow/orange/red color.
- Avoid those with bruises or soft spots.
- Apricots can be stored in the refrigerator for up to a week and should be rinsed before eaten.

FUN FACT: California produces over 95% of United States' apricots.



LET'S TRY SOME

Apricots!

