

Apricot



- ◆ The apricot is a native of China and has been cultivated for over 4,000 years.
- ◆ Apricot trees are drought resistant and live long life—100 years plus.
- ◆ But the fruit is highly perishable and for full-flavor must be tree ripened.
- ◆ In 1778 Thomas Jefferson was growing apricot trees at Monticello.
- ◆ In Latin, apricot means 'precious', a label earned because it ripens earlier than other summer fruits.
- ◆ It's a relative of the peach, but smaller and has a smooth oval pit that falls out easily when the fruit is halved.
- ◆ California harvested 77,300 TONS of apricots in 2003.
- ◆ They have high fiber and very low calories.
- ◆ Dried apricots are an excellent source of potassium, iron, Vitamin C and calcium.