

# STONE FRUITS

## Did you know?

- Peaches, nectarines, plums, apricots, and cherries are all related and, together, are called Prunus genus.
- They are called stone fruits because their seeds are enclosed by large and hard (stony) pits (endocarps).
- Also known as drupes, these fruits tend to have thin skins that may be fuzzy or smooth.
- The sweet and juicy flesh of stone fruits is a good way to keep your mouth moist during the warm season and they are a good source of vitamin C and fibre.
  - Stone fruits are rich in inflammation-fighting phytonutrients, which give them their vibrant yellow, orange, red, and purple hues.
  - They are versatile fruits and can be eaten raw or baked into yummy pies.

# MARCH - 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

