

NEW ZEALAND

ORGANIC FORTUNE PLUMS



New Zealand's Organic Fortune Plums are a large, ruby red plum, with amber flesh.

Succulently sweet and juicy, they have a meaty flesh and both the skin and flesh redden as they ripen.

Like other plum varieties they are a very versatile ingredient. They can be used in a range of sweet recipes such as crumbles, tarts, or pies, but can also be wrapped in prosciutto and grilled for a savoury twist. They can be sliced into salads or just simply enjoyed straight out of your hand.

AVAILABILITY

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

PACK

6kg bulk

SIZE

Medium and Large

PLU# 94439

NB: Label not to scale.



Packed with an immense range of vitamins, minerals and antioxidants that provide an impressive range of health benefits.

They contain vitamins A, B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 and E, as well as iron, calcium, phosphorus, magnesium, sodium, manganese and fibre.

Some of the health benefits include cardiovascular health, immune system support, aid in cellular regeneration, digestion, prevention of cancer and age-related macular degeneration and neurodegenerative disorders.



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