



## Harvest of the Month

# Apricots

### Nutrition Information

- Apricots provide an excellent source of vitamin A and C. They also contain folate, potassium, calcium and fiber.
- When an apricot is dried, they can also be a good source of iron.
- Antioxidants give apricots their beautiful orange color.

### Selection and Storage

- Select apricots that are firm or have a little give when gently pressed and bright yellow and orange in color. Greenish apricots are unripe. Handle the fruit with care to prevent bruising from occurring. Fruit can be stored at room temperature until ripe. Refrigerate in a plastic bag for up to 5 days.
- Check out [WSU Skagit County resource](#) for tips on freezing, canning and drying apricots.

### Fun Facts

- Apricots are stone fruits with origins from China, they were first cultivated about 4,000 years ago.
- Turkey is the world's largest producer of apricots, in the United States California produces the most. Washington is the second largest producer behind California.
- Washington state produced 3,400 tons of Apricots in 2023.
- A member of the rose family like peaches, plums, cherry and almond.
- They are available fresh in the months June through August in Washington State.
- The seeds inside Apricots are known as Kernels and are toxic when consumed raw.
- Apricot means "precious" in Latin.



## Recipes

- [Toasted Pita Wedges and Fruit Dip USDA Recipe – Child Nutrition Recipe Box](#)
- [Homemade Granola | Snap-Ed](#)
- [Curried Brown Rice with Pumpkin Seeds, Apricots and Spinach | MyPlate](#)
- [Overnight Oatmeal | MyPlate](#)



## Educational Resources

- [WSU Fresh from the Farm \(Spanish\)](#)
- 10 ways to enjoy [fresh](#) and [dried](#) Apricots
- [South Dakota Department of Health -Apricot Lesson Plan](#)
- [BC Agriculture in the Classroom - Fresh Story - Apricots - Elementary](#)
- [BC Agriculture in the Classroom - Fresh Story - Apricots - Middle School](#)
- [Apricot Connect the Dot](#)
- [Food Hero](#) has many nutrition education resources available to support your Harvest of the month.

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**