

ORGANIC PRUNE FACT SHEET

Prune Extract Facts:

- Each pound of prune extract is made from approximately 80-100 prunes
- Using two teaspoons of prune extract daily can provide a generous amount of nutrients, antioxidants, fiber and other health benefits that can maintain health as well as slow the aging process
- Coined internationally as a “miracle in a jar,” prune extract offers a variety of healthful and tasty uses (as studied by Kansas State University and Texas A&M University):
 - A dietary fiber digestive aid
 - A topping for ice cream or shredded ice
 - Baby food mixture
 - As a jam/spread on toast, pancakes and waffles
 - When diluted with water, the extract can make prune juice in varying degrees of flavor for babies to adults
 - Fat/oil substitute in baking
 - Flavorful compliment to tea, coffee and salad dressings
 - Kills meat bacteria and improves overall meat flavor (works as an antioxidant to prevent lipid oxidation (similar to freezer burn) in meat as well as being an antimicrobial (able to kill pathogens)
 - Improves the quality of reheated products—in particular, school lunch programs, where meat products are prepared at central locations and re-warmed at satellite kitchens

Prune History/Health Benefits:

- The first prune trees took root in the U.S. during the California Gold Rush when brothers Louis and Pierre Pellier brought the Petit d’Agen French plum tree from French and grafted it to a wild American plum tree.
- Initially, farmers picked the fresh prunes by hand and dried them in the open air and sun. In 1905, a farmer brought in monkeys from Panama to pick the fruit instead, with a human supervisor in tow. The monkeys were great at picking the prunes, but also enjoyed eating the fruits of their labor. Soon enough, they were replaced by humans and machines that pick the fresh prune which are then dried in mechanical dehydrators. (California Dried Plum Board)

—MORE—

Prune History/Health Benefits—Continued:

- The prune graft is known today as the California French Prune and comprises approximately 99% of the state's production, of which most lies within the Sacramento Valley. The rich valley soil and abundant water supply provide ideal growing conditions for high quality prunes.
- Prunes are grown almost entirely in the U.S., with 70 percent of the world's supply coming from California. Approximately 100,000 tons are shipped to more than 50 countries each year.
- A single prune tree produces up to 300 pounds of fruit.
- It takes up to three pounds of prunes to make one pound of the dried fruit.
- The multiple health benefits of prunes have established them as a superstar fruit. They are a rich source of fiber and contain important nutrients including potassium, vitamin C and K, and are rich in minerals including iron. They also include a compound that has high antioxidant activity. The antioxidant content of fresh plums doubles when they become prunes.
- Over the years, a number of studies have demonstrated that incorporating plums into the daily diet, over time, can lead to:
 - Increased bone health—particularly for post-menopausal women and a growing population of at risk men (approximately 12 million)
 - Reduce LDL cholesterol
 - Help protect against some forms of cancer; decrease colon cancer risk factors
 - Reduce the severity of inflammatory conditions such as asthma, osteoarthritis and rheumatoid arthritis
- The soluble fiber of prunes helps normalize blood sugar levels and can play a valuable role in the prevention and treatment of type 2 diabetes
- Prunes serve as one of the more brilliant and natural appetite suppressants available
- A little known beauty aid, the high levels of antioxidants in prunes means that eating just four of these super fruits a day is as good for your skin as any expensive anti-wrinkle cream!

* * * * *