

Apricot

Look:

Apricots may be pale yellow, gold, or orange on the outside and often have a pink to red blush that covers some of their skin. The inside flesh is a golden orange color. In the center of the flesh is a single brown, hard, central shell enclosing a pit or stone.

Taste:

Apricots have a sweet, tart flavor that tastes somewhere between a peach and a plum. They are wonderful to eat fresh or dried.

Touch:

Apricots thin skin is smooth and velvety with a seam-like groove that goes from the top to the bottom of the Apricot.



Apricots belong to the same family as peaches, plums, and almonds.



Did you know?

Apricots are among the first stone fruits to ripen each year.



Nutritionals

