



# Apricots

## **What is it?**

Apricots are small, pitted fruit, about the size of a golf ball. They are similar in appearance to a small peach. They have a very light fuzz on the skin, and can only ripen on the tree. Apricots are also a great source of many antioxidants, including vitamins A, C, and E.

## **What does it taste like?**

The closest comparison to apricots are peaches, they can get very sweet. The flavor of an apricot depends greatly on how ripe it is, the riper the sweeter! Apricots that aren't completely ripe will have a more sour taste when raw, and may have a slightly firmer texture.

## **What to do with it?**

Apricots can be eaten raw, dried, made into jam or cooked/baked into many tasty dishes! Dehydrating your own apricots makes an amazing on-the-go snack or to add to homemade trail mix. They can be baked into cookies, scones, and sweet breads or used in savory dishes like as a topping on chicken or fish.

## **How to store it?**

Apricots should be stored at room temperature, away from sunlight and heat until they give softly to the touch and have a sweet aroma. Once ripe, refrigerate apricots as necessary to prevent spoiling, but cold temperatures may change their texture and taste.