



# Apricots

The **apricot** is a stone fruit with a seed nut within. Its shape is similar to that of the peach but slightly smaller, with skin that is velvety and golden orange in color. The fresh ripe fruit tastes sweet with a flavor that is a cross between a peach and a plum.



An apricot is packed with nutrients. It is rich in vitamins C and A, and is a good source of potassium. It also is absolutely free from saturated fat, sodium or cholesterol.

Research shows that of any food, apricots possess the highest levels and widest variety of carotenoids. Carotenoids are antioxidants that help prevent heart disease, reduce “bad cholesterol” levels, and protect against cancer. In traditional Chinese medicine, apricots are considered helpful in regenerating body fluids, detoxifying, and quenching thirst.

Apricots are available throughout the year from different regions of the world. While the Chilean varieties are available from February to March, California apricots are available June and July. Apricots from Washington are available in July and August.

The most common package type for apricots are:

- Single Layer tray pack
- Double layer tray pack
- 24 lb. Volume Fill

## Apricot Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California					✓	✓						
Washington						✓	✓					
Chile		✓	✓									