



FOODS FROM *Spain*



In season: Spanish plums

Product: Spanish plums

- The Badajoz province, part of the Extremadura region in the west of Spain, is the largest area of plum production in Spain.
- The season for plums from Spain began in **mid-May** and will continue until **October**.
- Varieties of plum exported from Extremadura include:

Variety	In season:
Red Beaut	May
Pioneer	June
Black Beaut	June and July
Black Amber	June and July
Black Star	June and July
Prime Time	July and August
Fortune	August
Villa Rosa	August

- The seasons for different varieties tend to overlap and may appear on the market earlier depending on growing conditions and area of production.
- The Extremadura region has the perfect climate for plum cultivation and growers are proud of the quality and organoleptic qualities they are able to produce.
- Production and exports from Extremadura have grown rapidly in recent years to become an important part of the local economy.
- The main export markets for Spanish plums are the UK, followed closely by Germany.
- In the UK, Asda, Marks & Spencer, Morrisons, Sainsbury's, Tesco and Waitrose, all stock Spanish plums at some time during the season

For **information**, **photography** or **recipes**, featuring Spanish plums please contact:



Dominic Weaver, RED Communications Ltd, on 01480 465953. Email:

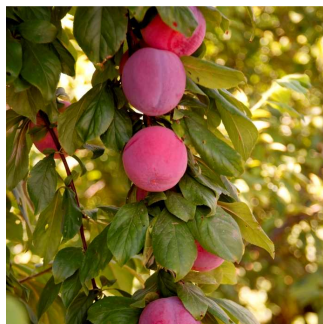
dominic@redcomm.co.uk

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Janine Gilson, Foods from Spain, on 0207 467 2360. Email:

jgilson@mcx.es

Or visit: www.foodsfromspain.co.uk



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Plums: health and nutrition

Health benefits

- Plums contain neutralizing substances called phenols, which can help prevent oxygen damage to body cells
- Plums also help with the absorption of iron into the body, thanks to their high content of vitamin C
- They also have high antioxidant ability and offer a high defence against free radicals
- Anthocyanins are found in plums and this has been linked to reducing the risk of cancer
- The levels of vitamin C found in plums helps to create healthy tissue within the body and deter illness
- The vitamin C found in plums also helps to neutralize free radicals that can otherwise contribute to the development of diseases such as cancer

Nutrition*

Plums are:

- High in fibre
- An excellent source of vitamin A and C
- Free from cholesterol
- Low in fat and calories

*Source: *The Composition of Foods*, sixth summary edition, by McCance and Widdowson

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