



FUN WAYS TO EAT Stone fruits

Apricots, cherries, nectarines, peaches and plums are referred to as stone fruits because of their very hard seeds, or pits. Discover how to select, store and enjoy these lush summer fruits with this complete guide.

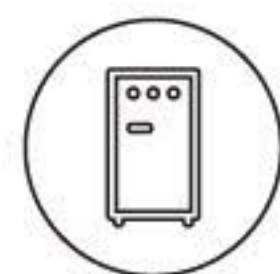
LEGEND



SELECT



PREP



STORE



TRY

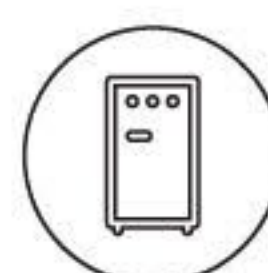


Apricots

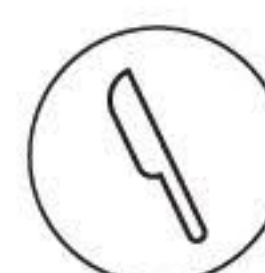
Surprisingly tart, with a sugary undertone, the creamy-smooth, dense flesh is covered in velvety skin.



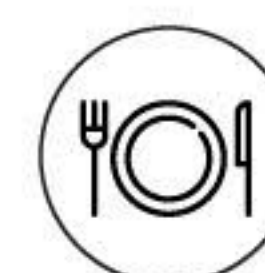
Look for sweet-smelling, rich orange skin that yields to gentle pressure.



Once ripe, store unwashed apricots in a paper bag in the refrigerator for up to five days.



- Rinse fruit just before using.
- Remove the pit by slicing along the seam all the way around. Twist the two halves, pull apart and scoop out the pit.



- Kebabs: Skewer apricot halves with onion and cubed pork.
- Pancake topper: Swirl butter in a warm skillet until browned. Add apricot slices and cook until just heated through.

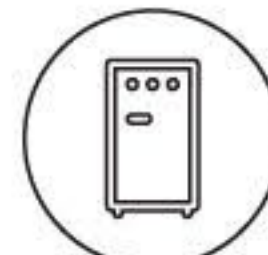


Cherries

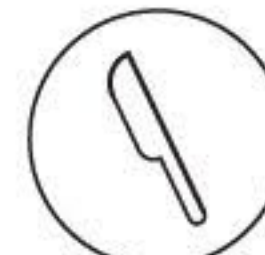
Whether sweet or sour, all cherries have a rich, wine-like essence and juicy flesh that surrounds a pebble-size pit.



Look for bright green stems and firm skin.



Refrigerate unwashed cherries in a sealed plastic bag for up to one week.



- Rinse fruit just before using.
- Remove stems and pits before baking or cooking.



- Salsa: Mix sour cherries, lime juice, jalapeño, red onion and cilantro.
- Poultry sauce: Stew sweet cherries with sugar, balsamic vinegar and black pepper until thickened.

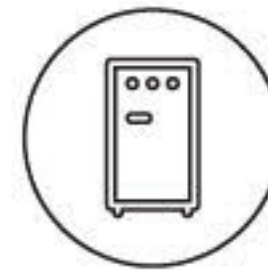


Nectarines

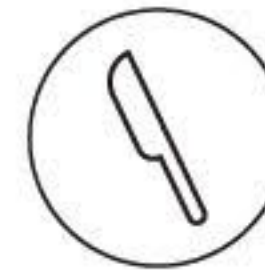
Smooth, crunchy skin wraps around juicy flesh that's honey-sweet and just a bit tangy.



Look for sweet-smelling, rich orange skin that yields to gentle pressure.



Once ripe, store unwashed nectarines in a paper bag in the refrigerator for one to two days.



- Rinse fruit just before using.
- Remove the pit by slicing along the seam all the way around. Twist the two halves, pull apart and scoop out the pit.



- Salad: Toss with arugula and goat cheese; drizzle with maple syrup.
- Curry: Add peeled and diced nectarines to Indian curry sauce, cooking until fruit is tender.

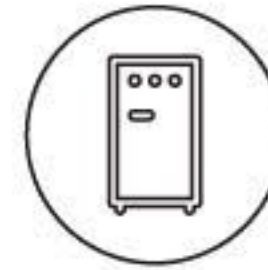


Peaches

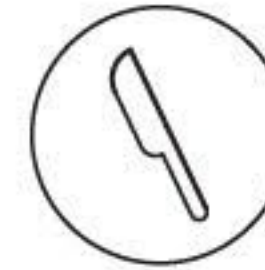
Slightly floral, sweet and delicately tart, peaches' pillow-soft, juicy flesh is covered in fuzzy edible skin.



Select fruit with a floral scent and flesh that yields to gentle pressure without being squishy.



Once ripe, store unwashed peaches in a paper bag in the refrigerator for up to one week.



- Rinse fruit just before using.
- Remove the pit by slicing along the seam all the way around. Twist the two halves, pull apart and scoop out the pit.



- Pizza: Pair peach slices with rosemary, basil or thyme.
- Salad: Grill peaches and halloumi cheese. Toss together and top with honey, salt and pepper.

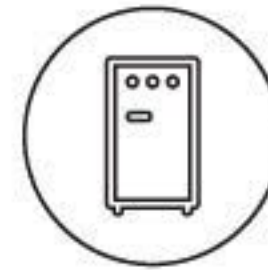


Plums

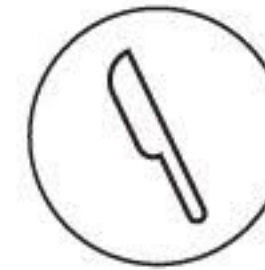
Plums range from syrupy-sweet to pleasantly sour. Their soft and juicy flesh has a smooth, paper-thin outer skin.



A ripe plum feels heavy for its size, with slight give at the blossom end, opposite the stem.



Once ripe, store unwashed plums in a paper bag in the refrigerator for three to five days.



- Rinse fruit just before using.
- Remove the pit by slicing along the seam all the way around. Twist the two halves, pull apart and scoop out the pit.



- Muffins: Pair sweet plums with grated ginger or turmeric.
- Ice cream topper: Poach plum slices in cranberry juice, honey and vanilla.

HOW TO RIPEN STONE FRUITS

To ripen all stone fruits except cherries, place stem-down on the counter and let sit at room temperature until fragrant and yielding slightly to the touch. Cherries will ripen only slightly in a shallow dish at room temperature, so it's best to buy ready-to-eat ripe ones.