

## Julianne

When you say a "1 cup serving", do you mean uncooked prunes? 1 cupful of raw prunes makes quite a lot - I have prunes and yogurt every morning for breakfast, and this amount would last several days. "Prunes are simply dried plums, the latter name thought to be more palatable." Not all plums are prunes. The prunes we are familiar with are the D'agen variety of plum. One thing that separates them from other plums is that they are freestone. Different types of plum are possibly not as suitable for drying.

Posted On 03/26/2017

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## Almond

A standard serving is generally considered to be 3 prunes, so I think that is in error.

Posted On 03/27/2017

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## Almond

The main thing with plums or prunes is not whether they are fresh or dried, but that you eat them, esp. if you have any irregularity. I mostly use Italian Prunes (plums) for drying. That is a standard variety.

However, I have also dried many other varieties, including red plums. They are just dried fruit and all work fine although Italian Prunes are my preference. I have even dried wild Indian Plums which shrivel up to something the size of a small tart cherry.

When you dehydrate prunes to store in a jar on the shelf, they must be completely dry, not moist like store bought. It can take several days depending on how large your plums are. I cut them in half and begin drying with the exposed flesh side up to prevent dripping. When the surface has dried quite a bit, I turn them over so heat penetrate better. Prunes may still be bendy when warm so you need to remove one and cool it to see whether it is crispy dry. Then, layer wax paper in a half gallon glass jar with 2 silicon dioxide packets folded into it to collect any extra moisture.

To reconstitute, place as many prunes as you want in a saucepan. Barely cover them with an equal amount apple juice and water. Add stevia or a sweetener of your choice, to taste. Bring to a boil, reduce heat and cook on a gentle boil for 5 minutes. Remove from the hot stove and set aside. Cover the pan and allow to come to room temp, maybe overnight. Prunes will be ready to eat by morning.

I recall bringing a neighbor a box of freshly picked Italian prunes. The children were unsupervised and helped themselves freely. Girl spent much of her afternoon sitting on the toilet afterwards. I love high fiber foods and am fortunate to have a high tolerance for them. I recommend everyone who has any space at all plant both an apple tree and a plum tree. Both are hardy and productive. There are so many recipes for apples and prunes. Continued-

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## Ib1921

Always appreciate your comments, Almond. And have been thinking about starting a small fruit orchard since reading "Grow a Little Fruit Tree" by Ann Ralph. The book was at our library, but I will probably buy it also. Anyway, she advocates planting standard trees (not dwarf rootstock, which has other problems) , but pruning them to keep them within reach while standing on the ground. Read it to understand her pruning technique not just in winter, but in June and maybe even again in August. Just sounds brilliant, and yes, apple and plum are two I want to plant, along with pear. With this technique, trees can be planted closer together, and more manabeable in a suburban yard! For now, will buy some at Trader Joe's. They sell several organic dried fruit/nuts, but have not looked for prunes before!

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## Almond

I find moist store-bought prunes beneath contempt. You simply cannot leave moisture in dried fruit without using some sort of preservative (even sulphuring) and not getting some spoilage. I like them firm and not mushy--some of us who still have teeth in our heads do. There is always an "off" taste to store bought. It is easy enough to dry plums at home. Try my recipe above and experience a real taste treat.

I encourage homeowners to plant at least one apple and one plum tree. Look for self-pollinating or multi-grafted varieties. These 2 fruits can be prepared in many ways. Once cooked, you can also use leftovers to make Scandinavian prune fillings for various recipes.

Here is another way to avoid (sugar) frosting a simple white cake. Many of you have your own ersatz recipes. Put plum jam in a small mixing bowl. Red plum jam is exceptional for this, but any kind of jam will work. Take a knife and mix the jam well so it is spreadable and no longer a solid mass. gently spread it over the top of the cake batter. Then, take the knife and with only a few strokes, swirl it thru the cake for a marbled effect. Top the cake with chopped butts of your preference (pushing them down into the batter s bit) and bake as usual. If you have leftover prunes, drain and dice them. Substitute in baking as you would raisins. maybe add liquids last and reduce if necessary.

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## **Julia Vassilevskaia**

Italian plums is a variety that can be used for dring or punes. However, I prefer to freeze it instead of drying into prunes. I use them to make plum pudding. It works great as I find them not as sweet as store bought prunes. Plum pudding works great for ketogenic diet and provides some fruit in the winter for me.

Posted On 04/07/2017

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## **Aussie.She.Dingo**

Grulla, yes thankyou for the link and reminder. I need to do some local research on what organic produce is around and start my own garden in a few weeks, as money is very tight at the moment. Love and Peace

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## **tokuno**

I grew up on a former prune orchard (Santa Clara Valley, California), and the prune tree fruits were almond-shaped (not spherical), and called prunes whether or not they were dried (they were eaten both ways). We had plum trees, too (the fat, spherical fruits), and they tasted different than the prunes, and we never dried them.

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## rrealrose

Reading a flyer from Bottom Line Health for women, they apparently knew about the effectiveness of prunes for bone health since 2002, yet news to me until several months ago, better late than never, right? Here's a quick summary from my independent go-to source on food: [www.whfoods.com/genpage.php](http://www.whfoods.com/genpage.php) - George is listing the referenced trials used 12 prunes per day. And he adds heart health benefits in addition to bone health, and prunes are high in boron in addition to phenolic compounds.

- and yes, first off, organic prunes can be difficult to locate in stores, (Newman's Organics is one brand) and pricey, the bowels take a hit when stepping over a certain number. Their additional fiber seems to balance excessive sugar. How crazy can one get in this regard? Incorporating prunes into daily food prep...prunes can be used in stuffing fowl, under or alongside roasts and prune-based fruit compotes also come to mind for cold winter months. Warm weather needs a different approach.

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## meblaker

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## mar3425

I am interested in prunes value in preventing osteoporosis. But it sounds like it might be difficult to incorporate them into a ketogenic diet. The net carbs in one prune is 4.7. Five prunes (as recommended above for bone health) would have 24 carbs.

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## Almond

Why not enjoy both? If you own a bit of land, the most important trees to plant if you live in the north are to start with a plum and an apple. Both are great for baking can be dried, canned or eaten fresh. They are incredibly versatile fruits. Store bought prunes are nasty. I prefer the chewier texture of home-dried prunes. I dry gallons of prunes every year. I reconstitute home-dried plums in half water and half apple juice with stevia to taste. No sugar. Bring to a boil, remove from the stove and cover. Let cool covered. Good to do this before bed and they are ready at breakfast time. Italian Plum is an excellent variety.

They must be dried so they no longer hold moisture or are "bendy" when cooled. They may still be a bit bendy before they cool. If not dry enough, they will spoil. They will not be soft enough to eat without boiling first. When properly dried and stored, they will easily keep a decade. Dried food also conserves space. I used to make a very special fruit cake recipe by chopping dried fruit, reconstituting in brandy and adding black walnuts with just enough egg and flour (plus a few other ingredients)--but mostly fruit--to bind it together. Too bad there are so many jokes about fruitcake--it can be quite good.

Posted On 03/22/2024

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## den7788

I'm with you Almond re: fruitcake. I do like a good fruitcake. I make mine very much like yours. Chopped dried fruit reconstituted in dark rum with other ingredients. I call it my healthy fruit cake.

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## Guillermou

Plums are a potential source of polyphenolic compounds and bioactive compounds such as phenolics, anthocyanins and carotenoids and many organic acids such as citric acid and malic acid. Plums are also abundant sources of many minerals such as calcium, magnesium, phosphorus, potassium and vitamins A, B, K and C. Plums are abundant sources of predominant antioxidants and phenolic compounds such as caffeic acid, chlorogenic acid, crypto-chlorogenic acid and neochlorogenic acid. These antioxidants and bioactive compounds are effective in the treatment and prevention of gastrointestinal diseases, bone health and cardiovascular diseases and in maintaining blood glucose level.

Plums help in the prevention of heart diseases as they are low in fat content and rich in dietary fiber. It is also effective in the treatment of lung and mouth cancer. Consumption of plums improves human health and prevents many diseases. Despite their sweet taste, prunes do not cause a large postprandial rise in blood glucose or insulin. Direct effects on the gastrointestinal tract include prevention of constipation and possibly colon cancer. The characteristic phenolic compounds and their metabolites can also act as antibacterial agents in both the gastrointestinal and urinary tracts.

The beneficial effects of prunes on bone health may be due in part to the variety of phenolics present in the fruit. Animal and cell studies suggest that dried plums and/or their extracts improve bone formation and inhibit bone resorption through their actions on cell signaling pathways that influence osteoblast and osteoclast differentiation. Cardiovascular disease (CVD) is one of the leading causes of mortality worldwide. According to the European Society of Cardiology, approximately 113 million people in the 57 member countries experienced cardiovascular diseases (CVD).

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## Guillermou

Prunes may represent a plausible non-pharmacological treatment approach to preserve bone health by attenuating chronic low-grade inflammation associated with postmenopausal bone loss at the same time without any adverse effects on cardiometabolic risk factors. Consumption of plums, especially the dried plum intervention type, may improve lipid profiles by lowering total cholesterol (TC) levels and LDL levels. [www.tandfonline.com/.../10408398.2011.563880](http://www.tandfonline.com/.../10408398.2011.563880) (2013).-- [www.mdpi.com/.../401](http://www.mdpi.com/.../401) (2017).--- [onlinelibrary.wiley.com/.../fsn3.4000](http://onlinelibrary.wiley.com/.../fsn3.4000) (2024).--- [etda.libraries.psu.edu/.../23033jdd467](http://etda.libraries.psu.edu/.../23033jdd467) (2023).-- [www.preprints.org/.../v2](http://www.preprints.org/.../v2) (2023).--- [www.tandfonline.com/.../10942912.2023.2249254](http://www.tandfonline.com/.../10942912.2023.2249254) (2023).--

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## estairm

Aren't plums a highly-pesticided fruit? If you eat five dried plums a day are you getting a heavy load of pesticides along with the benefits mentioned?

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## lesleybethune

Always best to buy certified organic produce, then you don't need to worry. For anyone is Australia, the best prunes I've ever come across are Hiltona Organic Prunes - they're superb!

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## juststeve

Also, on eating healthy fresh foods. Amish Miller consumer rights to real foods court update.

[www.youtube.com/watch](http://www.youtube.com/watch) A post in the link says the judge since this post has allowed Miller to sell temporarily until this is settled. Also mentioned, Oregon and Maine attacking home gardening, not up to speed on this one.

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## Guillermou

Thanks Just, linking to Dr. Mercola's article. The government's latest attack on Miller involves his refusal to produce anything except non-GMO, organic, and pesticide-free foods. Miller also refuses to use gasoline or fertilizer on his farm. In an attempt to force Miller to use these toxic inputs, the government continues to impose bogus fines aimed at putting him out of business. They also want me to process his meat through one of his facilities, even though those facilities are overcrowded and they can't handle his meat anyway. "The government is again trying to impose hundreds of thousands of dollars in fines, which would essentially put the farm out of business," the reports state, with one calling this "an attack on Amish religious freedom just 150 miles from Washington, DC."

[www.theepochtimes.com/health/amish-farmer-threatened-for-not-giving-up..](http://www.theepochtimes.com/health/amish-farmer-threatened-for-not-giving-up..)

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## juststeve

Gui, just a current example of how a monopoly industry once having moved into an area focused on promoting Quantity and Costs Cuts benefitting them but marketed through messaging the greatest thing since - sliced bread. Then because of the inferior Quality & Social Costs of their products need extreme measures to be presented on the shelves as just being the same thing only less expensive. Supposedly healthier and/or more sanitary. Once a market hits a certain tipping point in their favor, they then impose the standards needed by the Monopoly to make such spurious claims onto those businesses left that once could offer competition.

Especially competition based on superior, healthier, higher quality. Even those few left who may be able to bring in unnecessary standards needed by them, most usually lose out as they can't absorb the manipulated costs put onto them. Once nearly all real competition is exterminated, then the monopoly moves on to lower the former safety, sanitary standards and we get to pay more for products undermining not only our health, but our communities, Society.

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## ms.libby

We have 3 beautiful plums trees at our Oregon property, and their fruit is lush and ready to eat in late Summer, early Fall. We have to pick the fruit before the raccoons and deer eat them~! It's a funny sight to watch a family of raccoons climb to the highest branches, to get the tasty fruit.

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## AliceP1

Yes, I would also like to know about the pesticide and preservative issues with prunes. In my area a 3 oz bag of organic dried plums (without preservatives) is \$9, too expensive to consume 3 bags per week.

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## lesleybethune

Wow, that's astonishingly expensive. The Hiltona organic prunes I've mentioned above are 250g packs (almost 9ozs) and on special are less than \$AUD4.00 (approx \$US2.60). Maybe you could look online for cheaper versions than you currently buy.

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## lesleybethune

Prunes also contain ursolic acid: [www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutica..](http://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutica..)

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## kenbar732

A discussion of dried fruit should include dates, figs, and apricots. Would someone please discuss and compare the benefits of these fruits vs. plums.

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