Awesome Apricots
Where do apricots come from?

Apricots are a stonefruit, which means they have a large seed that looks like a stone. When shopping for apricots, make sure you pick ones that are orange-y gold and are the tiniest bit soft when you gently squeeze it. Apricots should taste sweet and a little bit tart.

Apricots are high in Vitamin A, which is good for healthy skin, and Vitamin C which supports your immune system and helps protect you against bad cholesterol.

Many of the apricots grown in Australia come from Victoria, around the Goulburn Valley area.

Aussie farmers harvest apricots in summer, which makes them perfect for a delicious after school snack.

You can also eat dried apricots which are made by cutting the fruit in half, removing the seeds, drying them in the sun for 2 days, and then in the shade for a further 5–6! The dried fruits are washed by special machines before being packaged, sealed and sent to your local IGA!

Quiz

1. What is a stonefruit?
2. True or false: apricots are high in vitamin A and vitamin C
3. Many of the apricots grown in Australia come from which state?