

1989

HONORABLE MENTION

\$25.00

PRUNES

Gilroy High School

Mr. Cantu- Advisor

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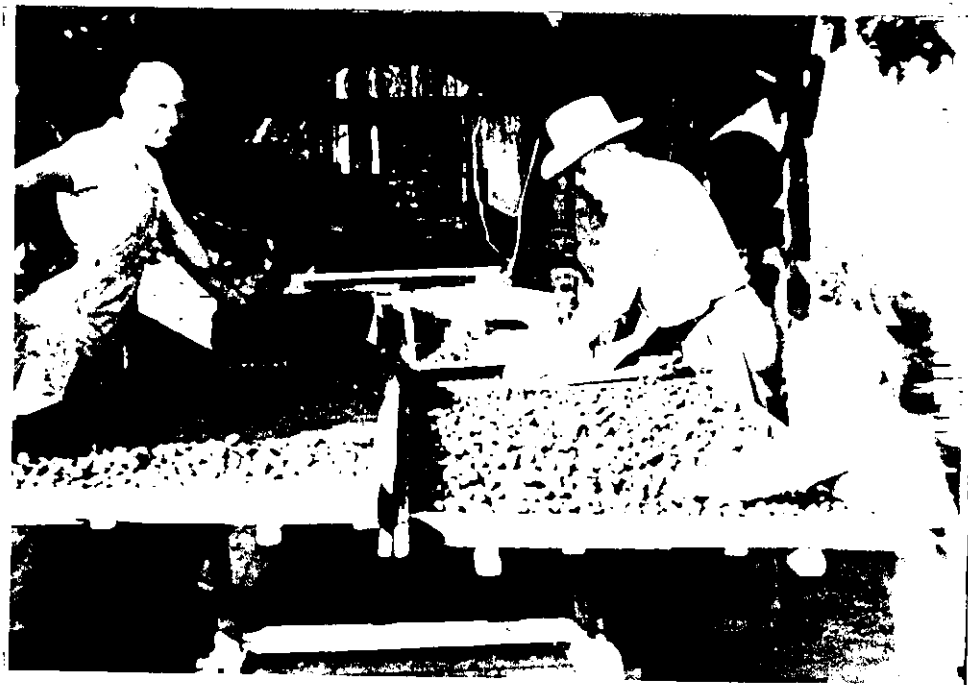
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INTRODUCTION

This essay is about the prune orchards of the Santa Clara Valley and surrounding areas. It tells how the prunes were first brought to this area, how they are picked, dipped, dried, sorted and then sold. It also tells how the co-op was formed and how prunes were introduced to the public through much advertising.

This valley has seen the coming and leaving of a once profitable prune harvest.



This is a picture of my grandfather's men at work. They have already dipped the prunes, graded them and now they are checking the trays before they go out in the dry yard.

What is a prune? The partially dried fruit of any of several varieties of the common plum. Any kind of plum that can be dried without spoiling. ¹

Prunes are the dried fruit of an certain kind of plum tree. The plums used to make prunes are quite solid and rich in sugar, so that they will dry without becoming sour or shriveling too much. The plum to be used for prunes are often allowed to become so ripe that they fall from the trees. They are then put through one of several drying processes. In places with little rain they are often dried in the sun for six to ten days. In places where there is more rain they are dried by artificial heat. In Europe they may be partly cooked before being dried in the sun. The prunes are graded or sorted by size for shipping in bags or cartons. Some small types of prunes have 130 prunes to the pound, while larger ones have only 30 or 40.

More prunes are grown and prepared in the Santa Clara Valley in California than in any other place of the same size in the world. Prunes are also grown in France, Germany, Hungary, Spain, South Africa and Australia. ²

Prune is a sweet plum that has been dried. The drying gives prunes their wrinkled appearance. Plums that are especially well suited to drying are called prune plums. The prune has a high iron and vitamin content.

Prune plums were first grown in western Asia. Today they are a leading crop in California, where about 160,000 tons of prunes are produced yearly.

The French prune plum (Prune d' Agen) makes up 90 per cent of the prune production in California. It was brought to the United

1. American Heritage Dictionary, 1962 ed., P volume.

2. Britannica Junior Encyclopedia, 1963 ed., Vol. 12.

States from France by Louis Peillier, a fruit grower, in 1856. Other prune plums include the Imperial, the Sugar, and the Robe de Sergeant.

Prune plum trees usually produce a crop five to seven years after planting. The trees produce white blossoms in spring. The fruit develops in summer. In August or September, the fully developed fruit falls to the ground or is machine harvested. It is then taken to a dehydrator in lug boxes or portable bins, where it is placed for a few seconds in a hot lye solution. The dehydrator dries the plums with a forced draft of hot air. The drying lasts from 14 to 24 hours. This drying process reduces 3 pounds of fresh plums to about one pound of prunes.

The prunes are placed in bins, where they are cured for at least two weeks. Curing gives the prunes a uniform moisture content of between 18 and 20 per cent. The prunes are then graded according to size, and may be pitted. Before the prunes are packed to be sold, they are given a hot water or steam bath to pasteurize them and to bring their moisture content to between 26 and 32 per cent. 3

The prune industry in California started in two trunks in the year 1856. It is believed that the California prune industry was started by Louis Peillier, a French vineyardist who came to California in the winter of 1848-49. Like thousands of others, he tried his luck in the gold mines for awhile, but realizing that fruits were selling for a \$1.00 apiece in San Francisco, his shrewd sense quickly told him there was a pleasanter and quicker way of making money "in them thar hills". So in 1850 he bought land on the west of San Pedro street in San Jose, and began to

3. The World Book Encyclopedia, 1988 ed., Vol. 15.



This is a picture of Louis Pellier at the peak of his success as a nurseryman. This is an enlargement of a daguerreotype taken of Pellier on a visit to France in about 1870.

plant nursery stock, orchards, flowers and plants. It became known as "Peillier's Gardens".

A year later, Louis's brother, Pierre, came from France, bringing with him grape cuttings. He soon became restless and returned to his homeland. On his leaving, Louis instructed him to scour the countryside for cuttings and scions of different varieties of fruits.

For over two years Pierre and relatives traveled around gathering stock. Late in 1856 they sailed to San Francisco, bringing with them two large trunks filled with apparently lifeless twigs stuck in potatoes and packed in sawdust. These were cuttings from some of the choicest fruit trees in France. Among them were cuttings from the famous Prune d' Agen, grown in the Agen district of southwest France and widely accepted as one of the leading dried fruits of the world.

As soon as the cuttings arrived they began to graft onto stocks that were already prepared and many survived. Many orchardists began to add this fruit to their orchards. The credit for grafting, generally goes to George W. Farieton and J.Q.A. Ballou of the San Jose area. So with the cuttings secured from Louis Peillier and their grafting success the California prune was on the road to history.

The Prune d' Agen still had along way to go before becoming popular. Despite its sweetness and its rich fruity substance, it was frowned upon by some because of its size. Many wanted large fruit. Controversy continued for several years, as to whether this was the fruit they wanted.

Several years later, John Rock, an orchardist from Niles, recognized the value of this small, sweet, fruity prune and helped to popularize it. Still controversy continued until 1878, when W. B. West visited Agen, comparing the French trees closely with those of California and decided that the California variety was indeed the true prune d' Agen.

By 1870, the prune acreage of California had increased from Pellier's few cuttings to 650 acres, of which over 300 were in the Santa Clara Valley. Plantings increased by leaps and bounds to over 5,400 acres in 1880, 15,000 in 1890, 90,000 in 1900, until the peak of 171,391 bearing acres was recorded in 1929. In 1945 there were 135,00 bearing acres with a crop of 226,00 tons of dried prunes.

So out of two old trunks and a few twigs grew one of the world's greatest agricultural activities, with marketing world-wide and an investment in productive lands and packing sheds running into the hundreds of millions of dollars.

During these years J.Q.A. Ballou was the best known marketer of dried prunes with shipments of 136 pounds to San Francisco market in 1859. In 1861, over 500 pounds of dried prunes were shipped around the Horn. Since his venture was a success, he shipped over 11 tons of dried prunes to New York in 1868. The following year he sold more dried prunes on the New York market at prices which netted him 18¢ to 20¢ per pound. The dried prune industry of California had definitely begun.

In the years that followed the dried fruit had its ups and downs. At times it was a very popular fruit and then the following year the consumption would be way down.

During these "ups and downs" the idea of developing a cooperative work plan was decided on. The first one to begin a cooperative work was the Santa Clara County Fruit Exchange. Throughout the early 1900's there were several changes in the organizations. In 1917 a new organization was formed. The California Prune and Apricot Growers, Inc. was now in effect. It was a non-stock cooperative association, entirely owned by its grower members.

The primary business of this group was to market its grower's crops and to try and net the largest possible returns of the years. This involved much more than just the marketing of the current crop. The growers needed to be able to depend on the marketing of their fruit year after year at a price that would move their crops and bring them the largest possible net returns.

In early 1919, the association began a nation-wide advertising program. It campaigned for Sunsweet Prunes and Apricots for over five months, with full page advertisements in color and black and white. Nearly a quarter of a million dollars were invested in this program.

During the 1920's the prune market bordered on complete collapse because businessmen had taken a big lose during the depression. The following years things began to pick up again. In 1925-26 very small amount of advertising was done. It was limited to billboards and newspapers. In 1927, the main advertising was done on billboards. They also used posters in Boston and New York in the subways. By 1931, the advertising had picked up again, and now the program included ads in newspapers in 37 cities, billboards in 69 cities and even a radio program in New York City.

In the early 1930's all types of mediums were used: newspapers,

radio, billboards, car cards, store and window displays, recipe booklets, folders and etc.

In 1932 the "Tenderized" process and the foil-wrapped cartons were developed. The foil-wrapped carton was the first improvement in the dried fruit packages since the triple-sealed carton years before.

During 1942-1945 the government required large quantities of dried fruit for the armed forces, and very little advertising was done during this time.

In June, 1936, an effort was made to sell "Tenderized" prunes as a straight out-and-out confection. An exhibit of one-pound foil cartons were set up in San Francisco at the Russ Building. Some interest and sales were made, but not enough to justify continuing.

In 1937 a campaign of "stickers" was developed. It was hoped that the growers would use them on letters, envelopes and etc. The stickers bore the words, "Greetings from California", also "Prunes, Apricots and Peaches". This idea created interest, but there wasn't enough demand for more.

In 1939, a motion picture, "The Purple Harvest" was made. It told the story of production and processing. It was used at growers meetings, clubs and school meetings and any interested group. At this same time many booklets were produced, some of which included recipe books, care of dried fruits booklets, home storage of dried fruits booklets and etc.

Also many more store display materials were available, including electrical displays built for use at fairs, food shows and similar places.



A case of love at first sight

Bashful boy and girl so coy? Hardly — when SUNSWEET Prune Pie is the center of attraction. For this substantial delicacy wins instant favor from youngsters and grown-ups alike.

Even so, it is but one of many toothsome and tempting desserts you can easily make from SUNSWEET Prunes — the finest prunes California can produce. Our Recipe Packet is helping thousands of housewives to make their menus more appealing, more healthful, more economical. Printed on *gummed slips* (5 x 3") so you can paste them in your cook book or on recipe filing cards. Send for this Recipe Packet today—it's free!

CALIFORNIA PRUNE AND APRICOT GROWERS INC.

172 Market Street, San Jose, California

A cooperative association of more than 8,000 growers

SUNSWEET

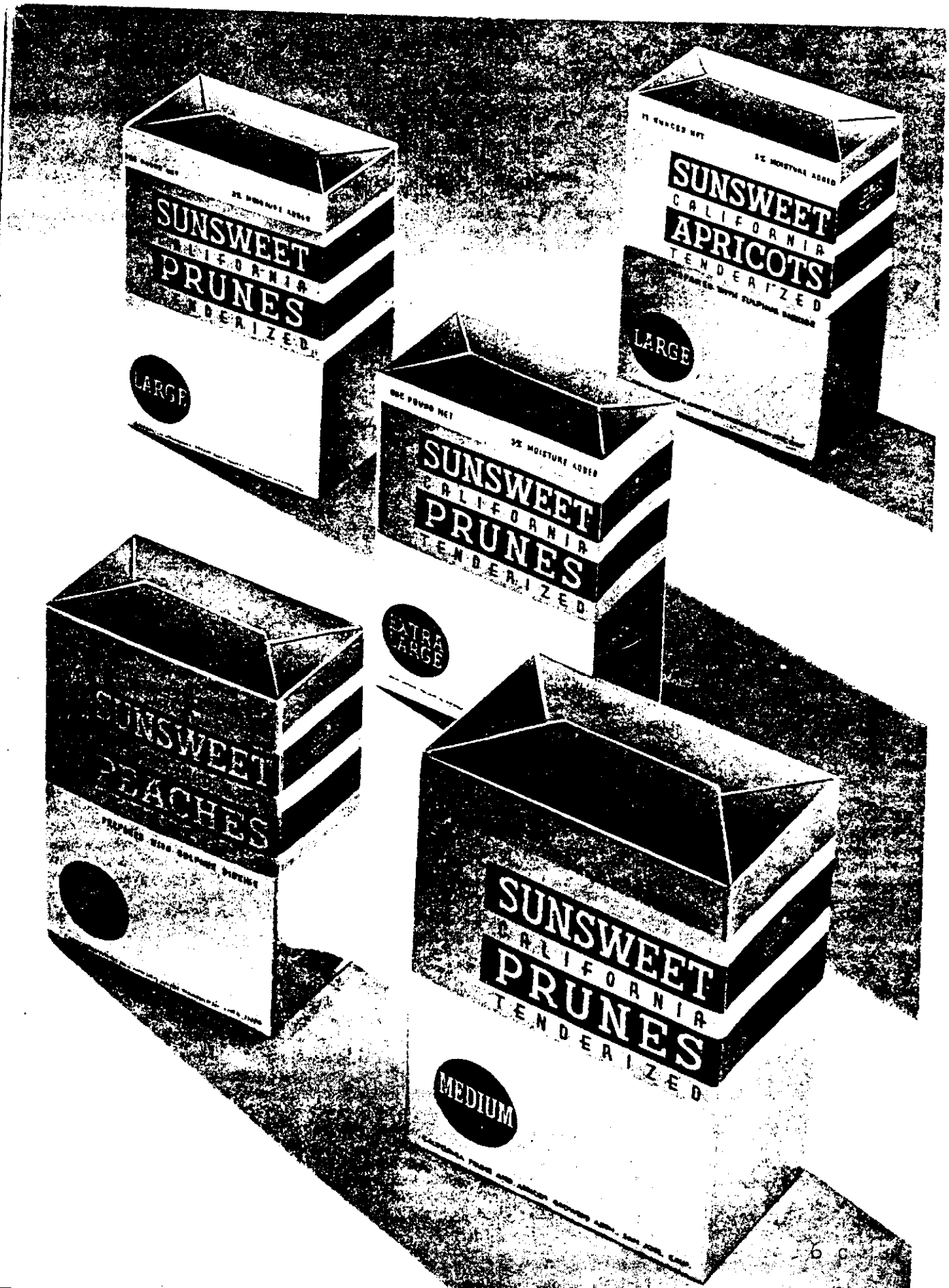
CALIFORNIA'S
NATURE-FLAVORED PRUNES

The flavor enhancement, healthfulness, and economy of Sunsweet prunes were emphasized in the early advertising of the Association. It offered pockets of recipes.



One of the first display pieces developed by Sun Sweet for use in retail stores when, after the War, prunes again became available in foil cartons, was this nearly life-size cut-out of a young woman in natural colors. Supplied to retailers in 1946, some of these units were still being used in retail stores in the spring of 1955.

These are the foiled covered cartons that were popular early on.



National Prune Week was celebrated throughout the United States and Canada on February 27 to March 4, 1922. It was repeated again in 1923, but there is no record of it being repeated thereafter. It was discontinued because of a lack of interest all around. During the Chicago and Golden Gate Exposition a special day was held for "Sunsweet Day".

The association had from time to time developed various dried fruit by-products. For one reason or another, few of these by-products had produced worthwhile results. The exception was the Prune Juice, introduced for commercial scale in 1933. Sales grew steadily and rapidly until today Sunsweet Prune Juice provides a profitable market for small and off-grade fruit.

Some of the by-products were the canning of prunes which never became too popular. The market did not respond and it was finally dropped.

The prune was also introduced into baked goods, such as bread, cakes, and pastries. A prune paste was made to be used in prune bars. Little more was heard about the paste.

Another by-product was introduced, prune nut oil. It was described as a high-grade salad and cooking oil, pressed from prune pits. It was reported that it was equal in quality to the best vegetable oil on the market. This product soon disappeared.

At this same time prune candy and prune ice cream was introduced. The prune was stuffed and then dipped in chocolate. The prune pulp was used as a flavoring ingredient in ice cream and milkshakes. This flavoring never became popular.

The main by-product that still remains on the market today, is the prune juice. They even developed a prune concentrate. The sales grew so rapidly that it was necessary to ship the concentrate



It's good to feel good! For refreshing flavor,
for good health, for regular habits, drink a brim-
ming glass of SUNSWEET Prune Juice daily.

east and have the juice bottled and distributed to the eastern part of the United States from New York.

In the early 1937's the construction and operation of cooperative dehydrators by local groups developed. Dehydrators in Morgan Hill and East San Jose were built first, followed by plants built in Gilroy, West Side, Oak Grove and Hollister. These dryers were owned and controlled wholly by groups of growers.

The dryers were here to stay for many years, until the prune industry in Santa Clara Valley continued to dwindle. One by one an orchard was pulled out, until today there are very few if any large producing orchards. The cooperative dryers one by one began to consolidate and include neighboring areas until it became necessary for them to close their doors also. In the 1980's Gilroy's Sunsweet finally closed its doors.

I talked to my grandmother, who had been involved with the prune industry from before 1935 until the middle 1970's. Before that my grandfather and great-grandfather had been in the prune business since early 1929.

I talked to my grandmother and learned how the prunes were picked, dipped in lye, sorted and put on wooden trays to dry in the sun. Depending on the weather, she stated, depended on how long the prunes would be left to dry. She recalled that many times in the early hours of the morning they would have to get up and stack the trays, because they had had an unexpected rain storm.

She also talked about 1941, when the schools were let out early so the school children could work in the orchards. She recalls having 20-30 small children to supervise picking prunes and at the end of the day of paying them the few cents they had

earned for that day. They earned ten cents a box. She had to make sure she had plenty of dimes to pay them at the end of the day, because tomorrow was sure to bring another group of young ones.

My grandfather was one of the original share owners in the local Gilroy Sunsweet plant. Before joining this plant all of the dipping and drying was done on the ranch. Several neighbors in the early 1930's had built their own dehydrators and took in many customers, but my grandfather continued on doing his own until he bought into the co-op.

During the season he had several men, that needed work to keep their families in food, that worked for him. After they had put in an eight hour day at their own jobs, they would come and dip prunes. Times were hard during these days, so there wasn't much extra money to hire help, but they earned the going rate, which was not much. My grandfather put in many long hours during the season himself and then would sell the prunes for as low as a penny a pound. During the depression years my grandmother recalls that they only made one penny a pound on prunes. In the 1930's they were making about \$2.50 a ton.

Once the prunes were dried they were sorted to size and sacked in gunny sacks and labeled. They were sold to buyers that went around to the farmers and purchased their crops. They would buy the whole crop. The bigger the prune the better the price, but they even bought the "scabs" for much less.

While talking to my mother I learned about some of her jobs during the prune season. It was her job to rake the roadways after the trees had been shook, so the truck could go down and pick up the full boxes or put out the empty boxes. She also would help clean the empty boxes and load the truck or put the boxes out.

The pickers usually did the first picking to clean up what had fallen. This wasn't the *easiest* job. The second picking, the trees would be shook and this was the picking that the pickers could make money, because the ground would be covered with prunes and they could fill the boxes without having to do alot of crawling around. Picking prunes kept you on your knees most of the day. The pickers were sometimes paid by the box, but on our ranch for years they recieved \$10.00 a ton, the going rate. They would need to pick and fill 40 prune boxes to make a ton.

The pickers would usually be a whole family from grandmothers, grandfathers, parents and 10-12 children ranging in ages from 4-20. Picking prunes was a family doings. They would usually start early in the morning and pick until the heat of afternoon, then go home and return in the cool of the afternoon and pick until dark.

Usually the men of the family would shake the trees and recieve a few dollars more. Later on some farmers went to mechanical shakers, but my grandfather continued on with the shaker poles and men. Usually there would be a third picking which was like the first picking, a clean up of what was left. This was much harder and took much longer. Many times you would loose the pickers. So those prunes would go to waste and cut down on the profits.

During the day, once joining the co-op, my grandfather and mother would pick up the full boxes, load an old flat bed truck to make the delivery to the dryer. The trip to the dryer was about two miles. So off the truck would chug to the dryer to wait in line behind many other old trucks with their loads.

If you were lucky, the line wouldn't be long and you would move right along. The prunes would go through an inspection.

Several boxes were picked at random, to be weighted to give the tonnage for that load.

Once weighted, the boxes would be unloaded and then you would move on to the stack of empty boxes that were waiting to be picked up. The boxes we stamped with the farmers name, initials, or the ranch name. My grandfather's boxes were stamped with "K" on each box head. Once the empties were loaded, it was home again. This is where my mother's job began again. She would have to rake the roadways and drop off the empty boxes in the area the pickers were picking.

During this time my grandfather would spend some time repairing damaged boxes to keep the supply of boxes in good shape.

My mother recalls the journal my grandfather kept on the number of boxes picked by each family, the hours of the shakers, all the loads delivered and the weights of all the loads.

My mother recalled touring the Sunsweet plant. It was a treat to be able to watch the prunes being dipped, placed on wooden trays and pushed into the long drying tunnels and then being able to watch your own prunes being pushed out the other side of the dryers when they were dried. It also was a treat to be able to wander into the large storage sheds and see bins of dried prunes stacked from the floor to the ceiling.

She also remembers each year they would purchase a sack of prunes. These prunes were used for presents and for many recipes that my grandmother used prunes in. "It wasn't Christmas unless we had baked prune cakes and stuffed prunes", my mother stated. This is still a tradition in our home. Several days before Christmas, my mother prepares the prune cake batter and my dad and I help her stir the stiff batter. We also help her pit the

steamed prunes so they can be stuffed with frosting and ground nuts and then rolled in powdered sugar. What a treat! I'm sure this tradition will be carried on down through my family and children. I guess you can't take the " prune " out of a prune farmer and his family.

My grandfather raised prunes until the early 1970's when he became ill and had to lease the orchards out. It was hard for him to do, but he just couldn't find anyone who wanted to run a prune orchard on a share basis. About this time, is when prunes were on their way out in this valley.

My mother remembers the last year they had prunes. The pickers were harder and harder to get and they didn't want to pick more than the one good picking. So the pickers had done the good picking and then left. My mother and father both held down a job outside the ranch. When the pickers left and no more could be found to do the clean-up picking my folks just couldn't see the fruit on the ground go to waste. So my folks went to their jobs and would come home and pick until dark and sometimes later by the head lights of the truck. They would also bring several of the neighborhood kids to help. " It seemed like it took us forever to finish", recalls my folks, but in the same breath they both said " but those were the good old days". I guess I've really missed out on something, since most of the orchards around me were gone before I was born.

I just read an article in the Hollister paper about the last prune orchard being uprooted by a bulldozer.

More than 1,000 French prune trees were cleared in order to develop nine acres into a residential subdivision.

The old timers of Hollister have grown accustomed to seeing

houses where fruit trees once flourished. " It's a sign of the times", " It was inevitable", said some of the old timers.

In 1941 there were 5,300 acres of prune trees throughout San Benito County. That dwindled to 3,593 acres by 1951. Last year there were only 100 acres of prunes growing in the county after most commercial production shifted to the Central Valley because of the dryer climate and lower land values.

As the cost of raising prunes increased, so did the resale value of land until farmers decided to cash in rather than bother with cultivating and spraying trees already surrounded by homes.

First the Sunsweet dryer closed in Hollister. Then the dryer in Gilroy shut down and later the dryer in Morgan Hill closed. Now the prunes in Hollister have to be trucked all the way to Sonoma County to have them dried.

Another reason orchards began around Yuba City is due to the dry climate which helps the fruit stay on the trees longer, making mechanical harvesting easier.

It just isn't practical to raise prunes there anymore. It used to be a way of life. It was also a source of pride for the residents who remember the valley being dominated by white blossoms instead of rooftops. That used to draw people from all over, driving around to just look at the orchards in full bloom. Now it's gone for ever.

We still have about 8-10 trees around our house. We do pick them and dry them in a small dehydrator. We also make jam and jelly from them. I have used them for my canning and fruit projects in 4-H. So I have grown up knowing where a dried prune comes from.

When asking my grandmother about the prunes, it was inter-

esting to see how the community has changed from a small farming community of mainly orchards of all types to mostly rowcrops where industry has left land to be farmed. At one time, it sounds if all of Santa Clara Valley was in some type of orchard. You now have to drive many miles and search hard to find a producing orchard.

Where had the prune gone? In asking around it has moved to the Central Valley and Yuba City area where it is still a farming community and can be produced easier and cheaper.

I am saddened by the removal of all the prune orchards in this area. We study about all the extinct animals and plants we will never see again, but little do we know that the future generations of this area probably only will be able to read about a prune tree and never see a live one.

I am glad I was able to live in a family of prune growers. I will always cherish the stories and pictures of what it was like to be a prune grower.

I plan on attending the second annual Prune Festival in Yuba City this September 9-10.

GILROY CO-OPERATIVE DRYER

P. O. Box 386

Phone Gilroy 258

250 Ton membership at \$12.00

\$3000 00

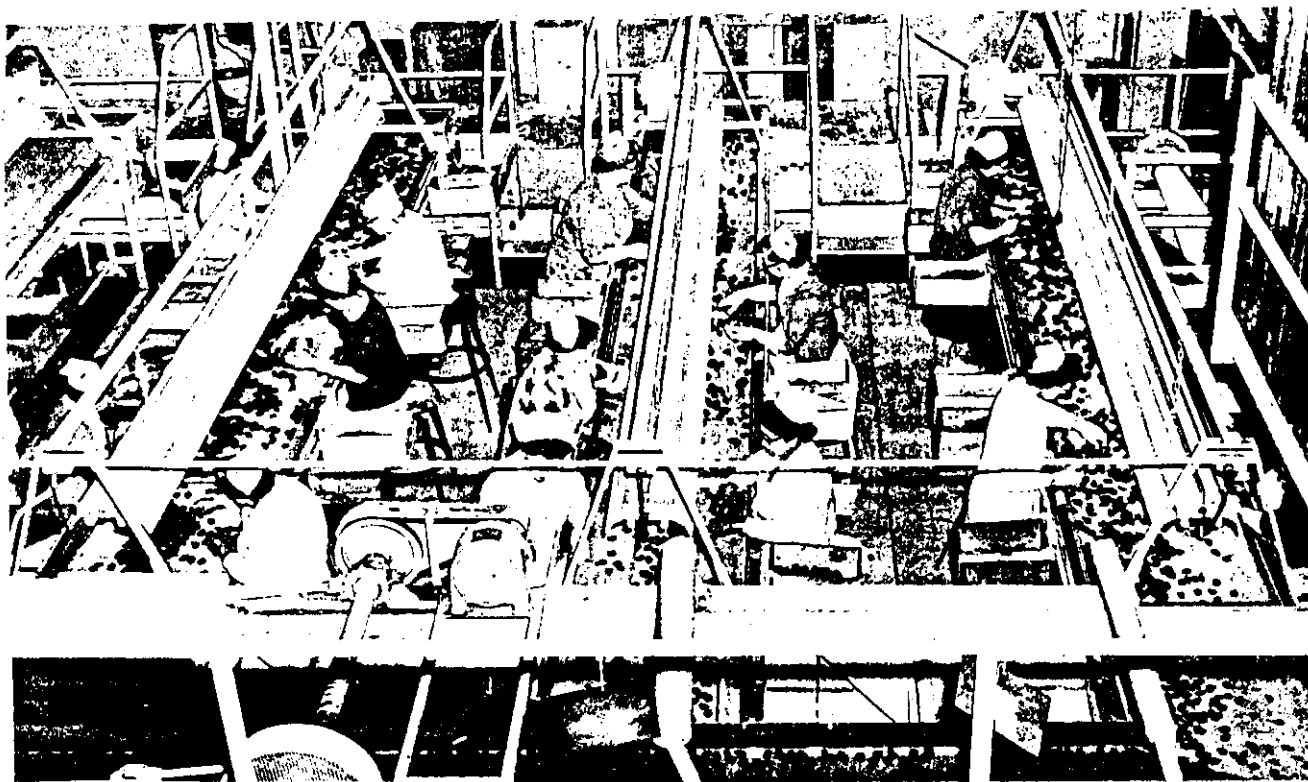
Please remit on or before DECEMBER 15, 1953

Make checks payable to GILROY COOPERATIVE DRYER

This is a copy of a Gilroy Co-operative Dryer share membership. Each member purchased share membership into the co-op. According to the amount of shares you owned, decided the amount of prunes you could bring in in one day. You were allotted so many tons a day according to the amount of shares you owned.



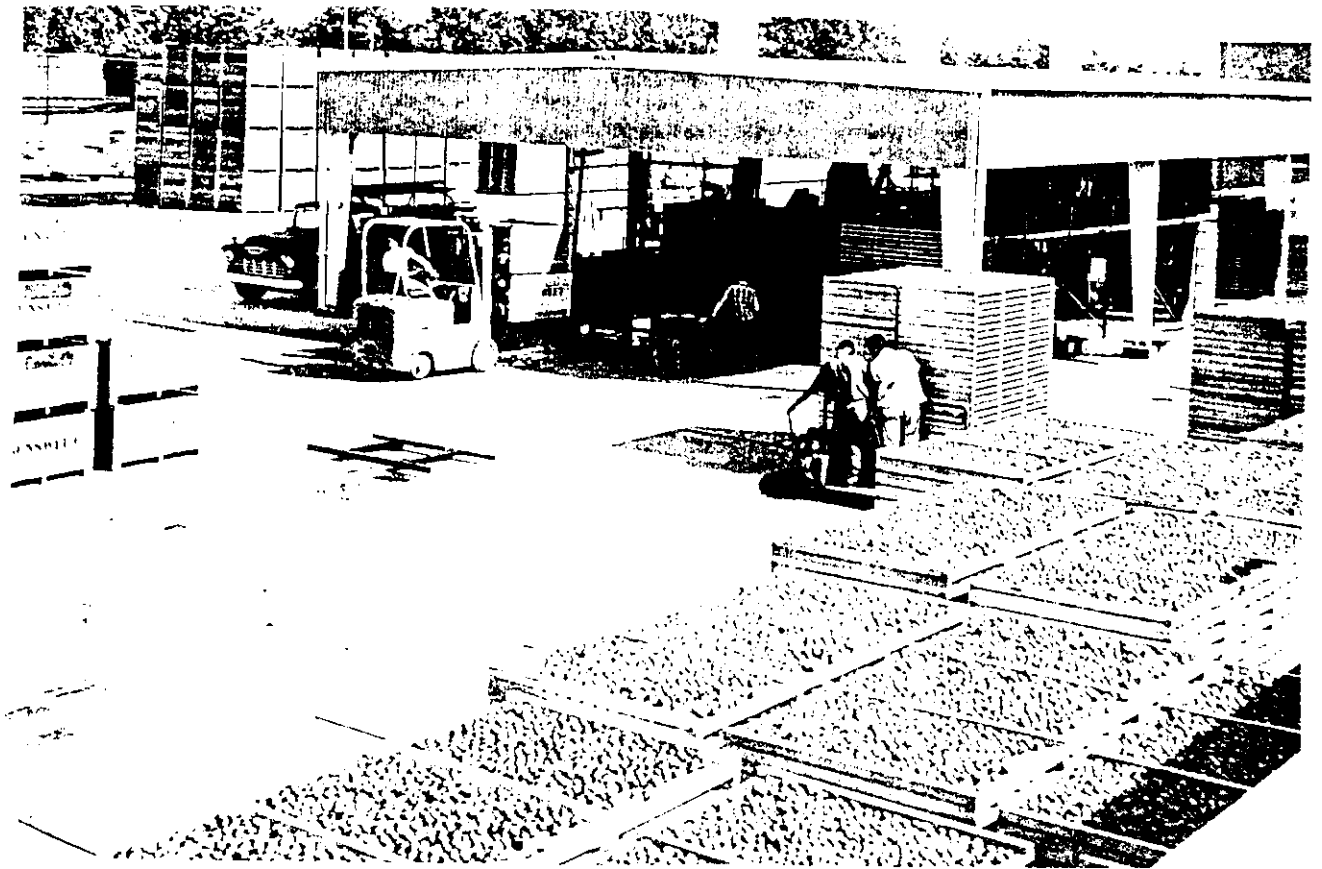
Modern dried prune storage in portable bins. Each bin holds about 2,500 pounds of prunes, the size and quality being noted on each bin to facilitate record keeping.



Prunes are being sorted for Sunsweet consumer packs.



There was a great deal of back-bending in operating a dryyard, both in spreading trays and the stacking that followed, even though stacked trays moved by rail cars.



This picture shows deliveries of freshly harvested pine in bins. Fore-lift trucks move the bins, powered rail cars take them.



This is a later type dipper hung from a counterweighted beam, easily lowered for filling with fruit, then dipped into the hot lye-water, then swung out over the field trays, stuck on dryyard cars, for ready filling.

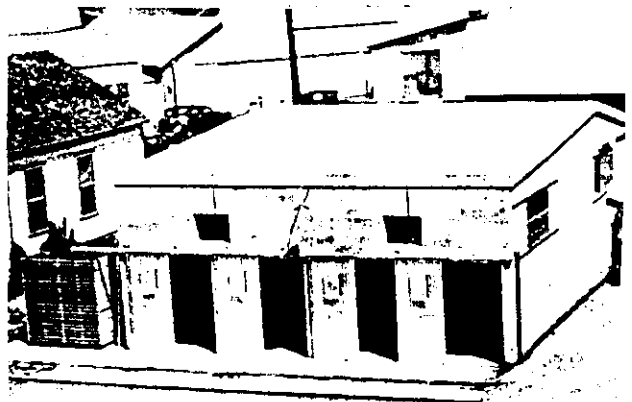


This was the customary way of picking prunes. The fruit was dislodged with poles and the fruit was picked from the ground.



Largest dehydrator in California in 1920 was this plant in Gilroy.

The first unit of Sunsweet design dehydrator tunnels.



Tray scraping was considered light work.

Sunsweet Prunes

The Finest California Produces

When the recipe calls for prunes, you call for SUNSWEET. Because SUNSWEET Prunes are the finest prunes you can serve on your table, bake into a cake, or fill into a pie.

SUNSWEETS are Tree Ripened

They are not picked off the trees like other fruit. Not SUNSWEET Prunes! They are allowed to hang in the sunshine until they're so plump and juicy they actually drop from the trees of their own weight, and are then carefully gathered by hand.

SUNSWEETS are "Tenderized"

This is a SUNSWEET process which employs only heat and moisture, but which leaves the prunes extra plump . . . extra tender . . . extra quick cooking . . . extra good in every way.

SUNSWEETS are Sealed in Foil

SUNSWEET Prunes are hot-packed in foil-sealed cartons. The foil wrapping seals in all the original rich flavor and goodness of the fresh-packed fruit. This carton is unsurpassed as a dried fruit package. We also pack SUNSWEET Prunes in cellophane, pliofilm, and other transparent materials.

SUNSWEETS are Grower-packed

The SUNSWEET name is owned by us growers who produce and pack the fruit. We're proud of our brand name and proud of our fruit . . . and you can count on us to put our finest into every SUNSWEET package.

PRUNE WHIP FREEZE

- $\frac{3}{4}$ cup milk
- 1 egg
- $\frac{1}{2}$ cup granulated sugar
- $\frac{3}{4}$ cup pureed cooked SUN-SWEET Prunes
- 3 tablespoons orange juice
- 3 tablespoons lemon juice
- $\frac{1}{8}$ teaspoon salt
- 1 cup whipping cream

Cook milk, lightly beaten egg and $\frac{1}{4}$ cup sugar over hot water, stirring continuously until mixture coats spoon. Cool. Mix remaining $\frac{1}{4}$ cup sugar with pureed prunes, fruit juices and salt. Fold fruit and whipped cream into cooled custard. Pour into re-

frigerator tray, place in freezing compartment with control set at lowest temperature, and freeze to desired consistency, stirring occasionally with a fork. When the whip is firm, reset the temperature control to normal. This makes about $1\frac{1}{2}$ pints frozen whip.



PRUNE CARAMEL ICE CREAM

- 1 cup cooked SUNSWEET Prunes
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{4}$ cup water
- $1\frac{1}{2}$ cups milk
- 2 eggs
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla extract
- $\frac{1}{8}$ teaspoon mace
- 1 cup whipping cream

Cut prunes from pits into small pieces and chill. Combine $\frac{1}{4}$ cup sugar and water and cook until a golden brown in color. Add milk and cook and stir until sugar is

dissolved. Pour over beaten eggs, stirring briskly to prevent curdling. Add remaining sugar, salt, flavoring and spice; cool. Fold in whipped cream. Turn into refrigerator tray and place in freezing compartment with control set at lowest temperature. Freeze until firm. Turn out into chilled bowl and beat with rotary beater until smooth and fluffy. Fold in prunes. Return to freezing compartment and freeze to desired consistency. When firm, reset temperature control to normal. This makes about 1 quart of ice cream.

It's good to feel good, and SUNSWEET Prunes are the "feel good" fruit. They are not only good eating, but good for you as well.

PRUNES COOKED WITH MEAT

In Sweden, prunes are very often used with the heartier meat dishes, such as pork, where their fruity flavor makes a pleasing counter-balance to the rich meat.

Prune-Larded Ribs of Pork is a popular Swedish dish, in which ribs of pork are larded with pitted prunes and oven-baked. Juice from the prunes provides the basting liquid for the pork ribs, as well as sauce for serving.

Poultry and Game, such as fowls, ducks, and geese, are often stuffed with prunes and apples for delicious flavor.

Prunes in Pork Blankets are another popular Swedish dish. Cut pork into thin slices, lay a steamed prune on each slice, roll fruit and meat together, and fasten with toothpick. Fry in a small quantity of fat until brown, lower the temperature and cook until tender.

Fried Spare Ribs are delicious served with boiled prunes.

Meat Loaf takes on a special flavor when cooked pitted prunes are mixed into the loaf before baking. This is especially true if pork or other fatty meat forms part of the blend.

VANILLA CREAM WITH PRUNES

Prunes:

- 1½ cups prunes
- 2½ cups water
- 4 to 6 tablespoons sugar for prunes

Vanilla Cream:

- 2 eggs
- 2 tablespoons cornstarch
- 2 tablespoons sugar
- 2 cups light cream or top milk
- 1 teaspoon vanilla extract
- Blanched almonds or nuts

Prunes: Boil prunes until soft and add sugar during last few minutes of cooking time. Cool.

Vanilla Cream: Mix eggs, cornstarch, sugar and cream in saucepan; simmer while stirring until thickened. Remove from heat and stir in vanilla. Stir occasionally until cool. Put cooled fruit and cream in layers in bowl. Sprinkle with chopped almonds or walnuts. Serve cold. Serves 4.

In the Scandinavian countries, where the climate and mode of life require substantial energy foods, Prunes are especially important. With their simple fruit sugars, quickly assimilated by the system, they rank as one of nature's finest energy-producing foods.

MINERALS IN 100 GRAMS (3½ OZ.) OF PRUNES

Iron	4 milligrams
Copper	3 milligrams
Manganese	4 milligrams
Sodium	6 milligrams
Potassium	666 milligrams
Calcium	54 milligrams
Phosphorus	85 milligrams

RICH IN NATURAL FRUIT SUGARS

As a quick-energy food, Prunes are high on the list because they are rich in the natural fruit sugars that are quickly assimilated and swiftly absorbed into the blood. These simple fruit sugars are one of nature's finest energy-producing foods. Thus it is that just a handful of Prunes eaten direct from the carton, even with no cooking at all, will give a quick pick-up to tired office workers, hikers, or those engaged in fatiguing occupations. A few in the lunch box or a carton in the office desk provide the first line of defense against mid-afternoon slump due to lack of energy food. Analysis of Prunes along this line is as follows:

Reducing sugars (dextrose, levulose and sucrose)	49.5 %
Starch	1.54 %
Crude Fiber	1.86 %
Hemicelluloses or pentose sugars and pentosans	18.1 %

PRUNES AS AN ALKALINE FOOD

Contrary to the erroneous belief held by many, Prunes and Prune Juice are not "acid" foods, and do not cause acidosis or reduce the CO₂ binding power in the blood. On the contrary, laboratory analysis shows Prunes and Prune Juice to be high on the list of potentially alkaline foods.

RICH IN LAXATIVE POTENTIAL

Prunes are universally recognized as an excellent regulatory food and one of the best of nature's mild, natural laxatives. This laxative property of Prunes is due in part to their soft fruit bulk. Beyond that, however, Prunes possess an active laxative agent soluble in water, alcohol and pyridin. This active principle is present in all forms of Prune products, including even canned Prunes and Prune Juice, which has it to a marked degree. *No other foods or fruits* contain this peculiar principle of Prunes. It is further indicated that the presence of vitamin B₁ may also be a contributing factor to the laxative value of Prunes. Hence, Prunes and Prune Juice are unique in their special health-giving properties, and should be included regularly in the diet.

PRUNES IN SPECIAL DIETS

Prunes are among the fruits which are allowed on low sodium diets. They are also among the few which are allowed on the Cereal Free Rowe Elimination Diet 1, 2 and 3, used in treating allergy patients.

Dried *Apricots* and *Peaches* Are Good for You, Too!

Like Prunes, both dried Apricots and Peaches are rich in easily digestible fruit sugars. They also possess outstanding iron and copper values which make them highly important in the treatment of anemia. Their hemoglobin regeneration ability equals that of liver. Dried Apricots are one of the richest sources of vitamin A-active carotinoids, comparable with butter, cheese, cream and spinach. The vitamin C content of dehydrated Peaches is on a par with that found in fresh orange juice and raw tomatoes. Dried Apricots and Peaches both have an alkaline ash, and are recommended for use in many allergy diets.

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