

Dates

Did you know?

- Medjool dates were introduced to the US in 1927 from Morocco.
- Each date palm tree can produce ~150-255 pounds of dates per year.
- Dates are a great source of fiber. Just four dates contain nearly 30% of your daily recommended value for fiber.
- Dates generally have a honey and caramel-like flavor.



Sources

- <https://www.fruitsandveggiesmorematters.org/medjool-dates-nutrition-selection-storage>
- https://www.specialtyproduce.com/produce/Medjool_Dates_1002.php