Apricot Bingo Word List

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| **Blenheim**-Common US variety of Apricot | **Tiltons**-Common US variety of Apricot |
| **Spanish Explorers**- Credited with introducing Apricots in the “new world” | **1792**- The first major production of apricots in the America’s occurred in this year. (it happened in an area south of San Francisco, CA) |
| **Armenia** – While some believe apricots originated in China, there are many who believe it came from this region. The scientific name of the tree does lend some credibility to this claim.  | **Alexander The Great** – It is believed that he brought apricots from China to Greece in the fourth century BC. |
| **China** – Some believe this is where apricots originated some 4000 years ago! It is said they were found growing wild on the mountain slopes. | **Beta Carotene**-Apricots are high in this compound, which gets converted to vitamin A in the body. |

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| **Paper Bag** – Like other fruit, apricots can be placed in this for a couple of days to help with ripening. Avoid buying green or hard apricots because they aren’t going to ripen. | **Apricot Kernels** – The “seeds” within the pit of the apricot contain cyanide compounds and are poisonous (one kernel has .5 mg cyanide). Roasting them will make them “safe”.  |
| **Prunus armeniaca** – The scientific name for apricot tree.  | **Fertility** – Ancient Chinese believed the apricot could enhance this.  |
| **20-25 Years** – The average length of time an apricot tree produces fruit. | **Iron** – Apricots are relatively high in this mineral and the vitamin C in apricots also helps with the absorption.  |
| **Bitter Almond Oil** – The essential oils from apricot pits are sold commercially as this. | **Charlie Chaplin** – A mixed drink which includes sloe gin, lemon juice, apricot brandy and lots of ice. |
| **Patterson**-The most common variety of apricots grown in the US (about 75%) | **Late May Through June** – Apricot season in US |
| **Vitamin A** – Important nutrient for healthy eyes, skin, gums and immunity. | **Wine** – Apricots are used in various homemade versions of this fermented beverage. |
| **Lycopene** – Another compound that gets converted to vitamin A and is found in apricots. | **Potassium** – Apricots are a good source of this mineral, which is necessary for proper muscle contraction and is involved in helping to maintain healthy blood pressure. |
| **Insoluble Fiber** – The skin of the apricot provides this “roughage” fiber.  | **Soluble Fiber** – The flesh of the apricot provides a good dose of this beneficial fiber.  |

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| **San Joaquin Valley**- This area of Northern California where 98% of all US grown apricots are grown. Over 200 growers and 17,000 acres! | **Vitamin C**- Apricots are a good source of this scurvy-preventing vitamin that also acts as an antioxidant in the body. |
| **Amaretto** – This Italian liqueur is often flavored with extract of apricot kernels rather than almonds.  | **Forbidden Fruit** – Don’t eat, store or even say the word “apricot” in a US Marine Sherman tank. Apparently, the canned apricots stored onboard, were blamed for the unusually high number of breakdowns.  |
| **Dong Feng** – Legendary ancient Chinese physician who required no payment from his patients except that they plant an apricot tree in his orchard, thus ensuring he would have a steady supply of medicinal ingredients. | **Nectar of the Gods** – Legend has it that a beverage made from the pulp and juice of apricots was the drink of choice among Greek and Roman gods. |
| **Apollo** – Astronauts ate apricots on this moon mission. | **Moon of the Faithful** – Eastern countries often refer to the apricot by this name. |
| **South America** **& New Zealand**– When you see apricots at your grocers in the winter, they may have come from here. | **Egg of the Sun** – Ancient Persians referred to the apricot as this. |
| **United States** – 90% of the world’s apricot crop is grown here, most of which comes out of California. | **Praecocia** – Latin word for apricot which literally means “precocious” or “early matured.”  |
| **Rosaceae** – Apricots belong to this family…the same family as the garden rose. Cherries, plums, peaches and almonds are also in this family.  | **Dried Apricots** – Have a toothbrush ready if you eat these. They are a healthy snack but the natural sugars and chewy texture can really make them stick to your teeth.  |
| **Apricot Puree** – Often used in place of the fat and oil in baked goods. It’s becoming the new “applesauce”.  | **Canned Apricots** – These are nutritionally comparable to fresh or frozen apricots, which is great because you can enjoy this delicious fruit all year round. |