

Prunus Armeniaca

ALBICOCCO - APRICOT - ABRICOTIER - APRIKOSE

ALBARICOQUERO - АБРИКОС - アプリコットの木 - 杏樹 - شمشم

HISTORICAL BACKGROUND:

The apricot tree is a member of the Rosaceae family and a fruit tree par excellence. In Venetian dialect it is called the Armelin because of the city`s traditional trading links with the East. Initially, it was mistakenly believed to be from Armenian hence the name Prunus Armeniaca. The tree, however, is in fact a native of China. The Arabs introduced it to the Mediterranean in the first century AD, bringing it from China and Asia Central, where it had been cultivated since 300 BC. According to other sources, the apricot tree made its way to Europe following the expeditions of Alexander The Great. The Romans called the apricot the “armeniacum”- the “Armenian apple” due to its Armenian origins, but the name apricot actually derives from the Arabic word “Al - Barquq”.

BOTANICAL AND AGRICULTURAL FEATURES / PRODUCT DESCRIPTION:

- *FAMILY: Rosaceae*
- *MINIMUM TEMPERATURE: - 23° /28°*
- *MAXIMUM HEIGHT: 7/8 mt*
- *BLOOM: Spring*
- *FLOWER COLOUR: Pinkish white*
- *PRUNING: February*
- *SOIL: Well-drained and rich in organic matter.*

APRICOT VARIETIES:

- *BELLA D`IMOLA:*

Self-fertile, medium-large fruit with orange skin.

Harvest: Late June

- *BERGERON:*

Self-fertile, generally large, oval, orange fruit with intense yellow flesh.

Harvest: Mid-July

- *BULIDA:*

Medium-large, round fruit, orange-yellow skin, fragrant, juicy, firm flesh.

Harvest: Late June

- *CAFONA:*

Small to medium sized fruit, yellow skin blushed with red.

Yellow flesh.

Harvest: Late June

- *CARMEN:*

Medium-size fruit, orange-yellow skin.

Harvest: Early June

- *ANTONIO ERRANI:*

A medium-large oblong shaped fruit with dark orange skin.

Harvest: Mid June

- *FLAVOR COT:*

Self-fertile. Medium-size fruit. Bright orange skin with firm flesh of excellent quality.

Harvest: Mid June

- *KIOTO:*

Self-fertile. Large, round, orange fruit.

Harvest: early / mid July

- *LUIZET:*

Very large fruit, dark-orange skin, firm and fragrant flesh.

Harvest: Late July

- *NINFA:*

Self-fertile. Medium- large fruit, light- yellow skin.

Harvest: Early June

- *PALUMELLA:*

Medium-size, oval fruit with dark yellow skin.

Harvest: Early July

- *PAVIOT:*

Large, orange-yellow fruit with firm and fragrant flesh.

Harvest: Late June / Early July

- *PINKCOT:*

Large, round, flavourful fruit with good flesh quality.

Harvest: Early June

- *PISANA:*

Self-fertile. Large, yellow fruit with red blush.

Harvest: Early July

- *POLONAIS:*

Bright orange skin, oblong fruit with good flavor.

Harvest: Mid July

- *PORTICI:*

Self-fertile. Medium to large fruit, orange-yellow skin, firm flesh, good, fragrant taste.

Harvest: Late June / Early July

- *PRECOCE CREMONINI:*

Small-medium size, oval fruit. Orange-yellow skin and sweet flesh.

Harvest: Late June

- *PRECOCE D`IMOLA:*

Medium-size, oblong fruit with light yellow skin. Bright orange flesh with sharp taste.

Harvest: Mid June

- *REALE D`IMOLA:*

Good-size, oval fruit with lemon-yellow skin and reddish blush. Bright yellow, sweet flesh.

Harvest: Early / Mid-July

- *ROUGE DE ROUSSILION:*

Self-fertile, medium-sized fruit. Yellow skin with red blush, very fragrant.

Harvest: Mid July

- *SILVERCOT:*

Large fruit, both oblong and round. Bright orange skin with red blush.

Harvest: Mid July

- *SAN CASTRESE:*

Self-fertile. Oblong, bright yellow fruit.

Harvest: Late June

- *SUNGIANT:*

Large fruit with yellow to reddish skin.

Harvest: Mid June

- *THYRINTHOS:*

Self-fertile. Large, light-orange fruit.

Harvest: Early June

- *VEECOT:*

Medium-sized fruit with bright-orange skin that turns red with ripening.

Harvest: Erly / Mid July

- *VITILLO:*

Self-fertile. Large orange-yellow fruit.

Harvest: Late June

BLOSSOM:

Apricot trees blossom early, just after almond trees with a characteristic show of pink flowers.

Apricot blossom is a sure sign that winter is coming to an end and spring is on the way.



TRAINING AND ORNAMENTAL USES:



*HALF - STANDARD TREE:
Half-standard tree for the home
orchard.*



*DWARF TREE:
Plants suitable for terraces,
balconies or small gardens.*



ESPALIER PLANTS:

*An attractive way to delimit areas of the garden,
orchards or garden paths.*

A border of flower or herbs can be planted at its base.

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in 30cm wide, 15 litre pot. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the backsoil that has previously been removed. This should be broken down, crumbled and mixed with 20-30% compost.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 meter, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter. The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT THREE
YEAR-OLD FRUIT TREE
IN A 15 LITRE VASE*



HEALTH BENEFITS:

The apricot is rich in vitamin B, C, PP, but most of all carotenoids, the pro-vitamins of vitamin A.

Two hundred grams of fresh apricots contain 100% of the daily vitamin A requirements of an adult.

Vitamin A protects the body both inside and out. Vitamin A deficiency can cause dryness of the skin along with dryness of the mucous membranes of the respiratory, digestive and urinary tracts. Its deficiency can lead to brittle nails, brittle and dull hair, the slow healing of wounds and even to a halt in growth and increased bone fragility.

The main consequences of vitamin A deficiency are eye and sight disorders leading to sight problems especially at night, lesions of the cornea that may in time cause blindness and inflammation of the eyelids with scabbing and loss of eyelashes. Three or more apricots per day, could help prevent age-related eye diseases.

Apricots also help cardiovascular health: the beta-carotene in the apricot helps prevent numerous heart-related diseases. Beta-carotene helps prevent the oxidation of LDL cholesterol and cleans the blood. The apricot is rich in magnesium, phosphorus, calcium and potassium and has a high iron and copper content making it a valuable food for people who are anemic, exhausted, depressed and chronically tired.

Apricots are excellent for convalescents, growing children, the elderly and people suffering from kidney stones. Their high fibre content helps keep the intestine healthy.

NUTRITIONAL VALUE:

100 grams of fresh apricots contain 48 calories (83.4% carbohydrates, 9.8% protein, 6.8% fat).

Nutritional value per 100 g of Apricots

<i>Energy Value (Calories)</i>	<i>48</i>	<i>kcal</i>
<i>Protein</i>	<i>1,4</i>	<i>g</i>
<i>Carbohydrates</i>	<i>11,12</i>	<i>g</i>
<i>Sugars</i>	<i>9,24</i>	<i>g</i>
<i>Fats</i>	<i>0,39</i>	<i>g</i>
<i>Saturated fats</i>	<i>0,027</i>	<i>g</i>
<i>Monounsaturated Fats</i>	<i>0,17</i>	<i>g</i>
<i>Polyunsaturated Fats</i>	<i>0,077</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary Fibre</i>	<i>2</i>	<i>g</i>
<i>Sodium</i>	<i>1</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

APRICOT JAM:

INGREDIENTS:

- *1.2 kg of Apricots*
- *700 gr of sugar*
- *200 ml of water*

METHOD:

Wash the apricots, remove the stones and cut into pieces. Place the fruit in a high-sided saucepan. In another pan put the sugar and water and bring to the boil. Boil for 5 minutes stirring the syrup at regular intervals. Pour the syrup onto the apricots and cook for 30-40 minutes until the jam reaches setting point. Stir regularly.

If the jam is still runny, cook for a further 5 minutes.

Pour the jam into sterilized jars, put on the lids and leave to cool upside down to create vacuum.

Once cool, store in a cool, dark place.

The riper the apricots, the better the jam.



APRICOT JAM TART:

GLUTEN FREE SHORT CRUST PASTRY (see p. 15)

VEGAN RECIPE FOR SHORT CRUST PASTRY (see p. 16)

RICH SHORT CRUST PASTRY

INGREDIENTS:

- *300 gr plain flour 00*
- *150 gr sugar*
- *150 gr butter*
- *1 egg and 1 egg yolk*
- *1 teaspoon baking powder*
- *1 pinch of salt*



FOR THE FILLING:

- *600 gr apricot jam*

METHOD:

Put the flour and baking powder together in a bowl, rub in the butter, until the mixture resembles fine breadcrumbs. Add the sugar and a pinch of salt. Make a well in the center of the mixture, add the egg and yolks. Work into the mixture and bring together to form a ball. Do not knead.

Wrap the pastry in cling film and leave to rest in the refrigerator for at least half an hour.

Set aside one third of the mixture. With the remaining two-thirds, roll out on baking paper a 30cm disk about 3-4cm thick.

Place the baking paper with the pastry disk in a 3 cm deep round baking tin or flan dish.

Remove the excess pastry from around the edge of the dish. Spread the jam on the pastry base. Roll out the rest of the leftover pastry and cut into 2 cm wide strips. Lay the strips over the tart to form a trellis. Bake for half an hour at 180° C degrees.

APRICOT CRUMBLE CAKE:

*FOR SHORT CRUST GLUTEN-FREE PASTRY (see p. 15)
FOR VEGAN SHORT CRUST PASTRY RECIPE (see p. 16)*

SWEET SHORT CRUST PASTRY: INGREDIENTS

- *300 gr di plain flour 00*
- *100 gr butter*
- *100 gr sugar*
- *2 eggs*
- *Half a teaspoon baking powder*
- *1 teaspoon vanilla essence*

APRICOT COMPOTE:

- *16/18 apricots*
- *100 gr sugar*
- *1 teaspoon of vanilla extract*
- *A knob of butter*



METHOD:

Prepare the apricot compote/purée by washing, stoning and halving the apricots. Put in a pan with the melted butter. Add the sugar, vanilla essence and cook slowly over a low heat for ten minutes.

When the apricot compote is ready, remove from the heat and set aside. Rub the butter into the flour until mixture resembles fine breadcrumbs. Add the baking powder, vanilla essence and sugar.

Work in the eggs and bring the mixture together to form a ball.

Wrap in cling film and place in the refrigerator for at least an hour. Grease a round 22cm baking tin or flan dish, with 3cm high sides. Cover the bottom of the tin or dish with half of the pastry to a height of half a centimeter.

Prick the bottom with a fork and spread with a layer of apricot compote. Using your fingers, crumble the second half of the pastry over the compote. Bake at 180 C degrees for half an hour. Apricot jam can be used as an alternative to the compote.

GLUTEN-FREE PASTRY RECIPE:

Gluten-free pastry is a traditional Italian pastry recipe, ideal for people who suffer from celiac disease and are intolerant to gluten. Gluten-free pastry uses rice and corn flour instead of plain flour.

INGREDIENTS:

- 250 g rice flour
- 100 g corn flour
- 125 g butter
- 2 eggs (4 egg yolks)
- 1 teaspoon baking powder



METHOD:

Put the rice flour and the corn flour in a food processor along with the pieces of butter from the fridge. Pulse several times until the ingredients resemble fine breadcrumbs.

Add the sugar, eggs, baking powder and mix again for a few seconds. Turn the mixture out onto a floured work surface and work together to form a ball. Wrap in cling film and leave to rest in the refrigerator for about 40 minutes.

Your gluten-free pastry is ready to use!

N.B. You do not need to flavor the pastry as the flour used will already give the gluten-free pastry an excellent taste. If you prefer a darker-yellow pastry use 4 egg yolks instead of 2 whole eggs.

VEGAN PASTRY RECIPE:

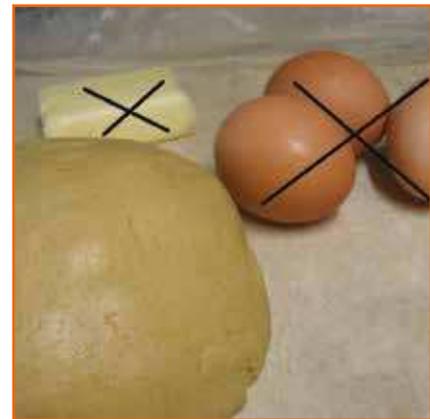
The vegan pastry recipe uses oil instead of butter. It is the perfect base for your sweets and deserts!

This recipe makes a light and crumbly short crust pastry ideal for cakes and biscuits.

It takes just a few minutes to make this simple and delicious vegan pastry.

INGREDIENTS:

- 130ml corn oil*
- 200ml salt water*
- zest of an organic lemon*
- 90g brown sugar*
- 300 g wheat seed flour*



METHOD:

In large bowl whisk together the corn oil and lightly salted water.

Add the grated rind of the lemon. Avoid grating in the pith as it has a slightly bitter taste.

Add the brown sugar and flour and work the ingredients together to form a ball. Before using the vegan pastry, leave to rest in the fridge for at least thirty minutes.

REFERENCES:

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