

Dates Fact Sheet

- Dates are tree-ripened and nature's only "dry" fruit. They have existed from prehistoric times and are believed to have been cultivated as early as 8,000 years ago.
- Dates are naturally sweet and nutrient rich, delivering 6 essential vitamins and 7 minerals.
- Dates have 50% more potassium than bananas by volume, are a great source of fiber and a heart healthy food.
- Dates are a delicious on-the-go snack, and a natural substitute for sugar in smoothies, cooking and baking.
- Dates require dry and hot growing conditions found only in deserts.
- Just 15% of the world's dates are produced in the United States, the majority of which come from the Coachella Valley in Southern California.