

Harvest of the Month™

FALL - PERSIMMON



PERSIMMONS, A LOCALLY GROWN TREE FRUIT OF SAN DIEGO COUNTY, ARE KNOWN FOR THEIR SWEET, HONEY-LIKE FLAVOR. HACHIYA AND FUYU ARE THE MOST POPULAR VARIETIES. PERSIMMONS ARE RICH IN VITAMINS, MINERALS, AND ANTIOXIDANTS WHICH SUPPORTS A HEALTHY IMMUNE SYSTEM.

HEALTHY SERVING IDEAS



CUT INTO SMALL WEDGES

BAKE THEM INTO CHIPS



MAKE MARMALADE

FOOD WASTE PREVENTION

- RIPE PERSIMMONS ARE DEEP ORANGE IN COLOR, AND CAN SPOIL QUICKLY, SO STORE THEM IN THE REFRIGERATOR PRIOR TO EATING. OR CHOOSE AN UNDER-RIPE FRUIT AND LET IT RIPEN AT ROOM TEMPERATURE
- PERSIMMONS CAN BE STORED IN THE FREEZER FOR 6-8 MONTHS OR IN COLDEST SPOT OF THE FRIDGE IN THE PRODUCE/FRUIT DRAWER
- TEA CAN BE MADE FROM FRESH OR DRIED PERSIMMONS!



FUN FACTS

IN 2004, CALIFORNIA PRODUCED 99% OF PERSIMMONS IN THE UNITED STATES!

COMMON PERSIMMON VARIETIES



CHOCOLATE

VERY SWEET AND SUGARY FLAVOR WITH SUBTLE SPICE FILLED UNDERTONES

FUYU

FIRM TEXTURE WITH TASTE OF A CROSS BETWEEN A MANGO AND PAPAYA



EUREKA

SWEET AND RICH IN FLAVOR. MEDIUM SIZED WITH THE LONGEST SHELF LIFE OF ALL VARIETIES



HACHIYA

SWEET, HONEYED FLAVOR WITH SUBTLE TASTES OF BROWN SUGAR, CINNAMON, MANGO, AND APRICOT



FUN FACTS

IN THE BUDDHIST RELIGION, PERSIMMONS ARE A SYMBOL OF TRANSFORMATION.

IN CHINA, PERSIMMONS ARE GIFTS TO NEWLYWEDS TO CELEBRATE LOVE!

MINDFUL EATING ACTIVITY - PERSIMMONS

INSTRUCTIONS

1. WHAT DOES YOUR PERSIMMON LOOK LIKE? (SIZE, COLOR, SHAPE)
2. WHAT DOES IT FEEL LIKE? (SOFT, HARD, SMOOTH, WRINKLY)
3. DO THEY HAVE A SMELL?
4. NOW, TAKE A BITE AND TASTE
5. DO YOU LIKE IT?
6. WHAT IS THE TEXTURE OF THE PERSIMMON? (MUSHY, CRUNCHY)
7. WHAT FLAVORS ARE YOU EXPERIENCING? (TART, SWEET, BITTER)



ACTIVITY FROM: SAN DIEGO UNIFIED SCHOOL DISTRICT

OVEN-DRIED PERSIMMON CHIPS

INGREDIENTS

- 6 MEDIUM FUYU PERSIMMONS

INSTRUCTIONS

1. PREHEAT OVEN TO 250F
2. THINLY SLICE PERSIMMONS CROSSWISE INTO 1/4-INCH ROUNDS
3. DIVIDE THE PERSIMMONS BETWEEN 2 WIRE RACKS SET ATOP BAKING SHEETS
4. BAKE UNTIL THE CENTERS LOOK DRY AND THE EDGES BEGIN TO CURL UP, ABOUT 1.5 TO 2 HOURS
5. STORE IN AN AIRTIGHT CONTAINER IN THE REFRIGERATOR

