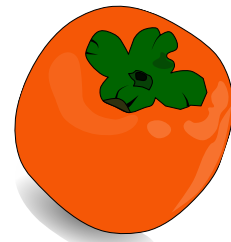


# PERSIMMON



## FUN FACTS

There are over 2,000 varieties of persimmons!

Two common types are Fuyu and Hachiya. **Fuyu** have a "flat" bottom (pictured left) and can be eaten fresh while they are still firm. **Hachiya** are oval shaped and best to eat when the pulp of the fruit is extremely ripe and jelly-like.

Persimmons originated in China and Japan, and have been grown in California since the 1800s.

The fruits are in season from September through February.

Persimmon trees can grow up to 70 feet tall, and take 3 to 4 years to start producing fruit.

Persimmons should be stored at room temperature until ripe.

## KALE & PERSIMMON SALAD

### INGREDIENTS

- 1 can **Garbanzo Beans**, drained
- 1/4 cup **Red Onion**, diced
- 1 bunch of **Kale** (8-9 leaves) stems removed and chopped
- 2 firm **Fuyu Persimmons**, skins removed and diced (Substitute: 1 Apple, peeled, cored, and diced, if persimmons are unavailable)
- 4-5 **Radishes**, diced
- 1-2 cloves of **Garlic**, minced
- 3 Tbs **Lemon juice**
- 3 Tbs **Olive Oil**
- 3 Tbs fresh **Mint**, chopped
- 1/4 cup dried **Cranberries**
- 1/4 tsp **Black Pepper**
- 1/4 tsp **Salt**
- One pinch each of: dried ground **Ginger**, **Mustard**, **Oregano**, and **Thyme**

**PREP TIME: 30 MINUTES.**

**MAKES 4 SERVINGS.**

Recipe adapted from: [shockinglydelicious.com](http://shockinglydelicious.com)

### DIRECTIONS

1. Wash and chop all of the fresh ingredients - kale, onion, mint, persimmons (or apple), radishes, and garlic.
2. In a large bowl, combine the fresh ingredients. Mix in the garbanzo beans and cranberries.
3. Add lemon juice, olive oil, salt (to taste), pepper, and other seasonings.
4. Allow the salad to rest. Chill for one hour before serving.
  - Alternatively, to serve immediately, combine chopped kale with the lemon juice and oil, and mix well to soften leaves.



Hachiya (left) and Fuyu (right) Persimmons



# Winter Harvest Word Search



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- |           |             |              |
|-----------|-------------|--------------|
| Beets     | Kale        | Grapefruit   |
| Onion     | Lettuce     | Cabbage      |
| Arugula   | Citrus      | Celery       |
| Oranges   | Cauliflower | Radish       |
| Carrot    | Peas        | Persimmon    |
| Bok Choy  | Spinach     | Sweet Potato |
| Tangerine | Lemon       |              |



## NUTRITION CORNER

NUTRIENTS IN ONE PERSIMMON



Nutrients	%DV (Daily Value)	Benefits
Vitamin A	55%	Promotes healthy eyes and skin; and fights inflammation
Vitamin C	6.9%	Supports healthy immune system and bodily functions
Phosphorus	43%	Repairs damaged tissues and cells, and helps build strong teeth
Potassium	17%	Lowers blood pressure and maintains healthy bones, muscles and heart