



Persimmons

- ◆ Persimmons are an excellent source of fiber, Vitamins A and C and the mineral manganese.
- ◆ They were introduced to the United States from China in the 1800s. Persimmon season is from September-December.
- ◆ Persimmon was referred to as “food for the gods” in ancient times.
- ◆ The Persimmon is Japan’s national fruit.
- ◆ Fresh ripe Persimmons are a deep orange color with a smooth, glossy exterior and green leaves at the crown, much like a strawberry.
- ◆ One of the best ways to eat a raw Hachiya persimmon is to just slice it open and spoon it out. Their delicate, sweet flavor makes them ideal to use in jams, chutneys, sorbets, baked goods and other desserts.