

# Persimmon



Harvest  
of the  
Month



# November: Persimmons

From the farm and garden...

...to the cafeteria and market...



...to your salad bar and kitchen...

...to your plate and lunch tray!



Harvest  
of the  
Month



VUSD  
Food and Nutrition Services





# We eat fruits!

All fruits have \_\_\_\_\_?



We eat fruits that grow on seasonal plants!



We eat fruits that grow on trees!



We eat fruits that grow on year round bushes!

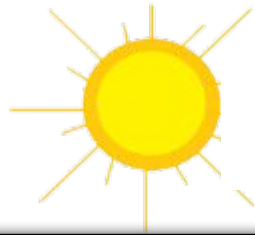


# How Do Persimmons Grow on the Farm?

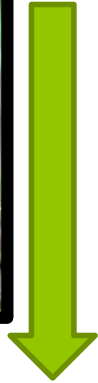


SEED

7 MONTHS



2 YEARS



FLOWER  
STAGE

3 YEARS



PERSIMMON FRUITS

7 MONTHS



YOUNG PERSIMMON TREES



# Persimmon Varieties!

How are both varieties similar? How are they different?

TYPES OF PERSIMMONS :



- Hachiyas can taste dry and bitter raw but are very sweet when cooked!
- Fuyus are crisp, sweet, and have a cinnamon taste when eaten raw!

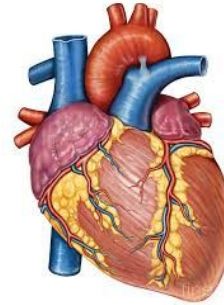
# How Can You Eat Persimmons?





# Persimmons Are Healthy!

**Potassium** – Helps your heart!



**Antioxidants** – Keeps cells healthy to prevent disease like cancer!



• **B Vitamins** – Give your body energy!



• **Vitamin C** – Boosts your immune system to keep you healthy!





# Persimmon Tasting



- 1. Wash hands & put on gloves.**
- 2. Serve 2 slices of persimmon and 1 lime wedge to each student and conduct a mindful-eating tasting.**
  - Taste the persimmon on its own first, then add a squeeze of lime to the second wedge.*
  - How would you describe the flavor, texture, and appearance?*
  - Share out adjectives to describe your tasting experience!*
- 3. Were students trying persimmons for the first time? Did they like the persimmon? Rate the Taste!**
  - Survey the class and fill out the simple survey [here!](#) Just click on your district at the bottom of the page. Find your class and input your students' preferences.*



Try this **PERSIMMONS** recipe on the lunchtime cafeteria **salad bar**.

This **recipe** will be served on the salad bar the **third week** in **November!**

Make this recipe at home!



## HARVEST OF THE MONTH RECIPE November 2016

### Perfect Persimmon Salad

#### Ingredients:

4 Fuyu persimmons, diced, seeds discarded  
1 large Fuji or Granny Smith apple, cored and diced  
1/4 cup fresh mint leaves, minced  
(about 8 - 10 leaves)  
2 teaspoon lime juice (about 1 lime)

#### Directions:

Prepare ingredients as indicated above.  
Gently toss together. Serve and enjoy.

**Yields:** Ten 1/2-cup servings.

Nutrition Facts: 60 Calories, 0 g Fat, 2 mg Sodium, 144 mg Potassium,  
16 g Carbohydrates, 3 g Fiber, 0.5 g Protein, Vitamin A 23 % DV, Vitamin  
C 12% DV