

Persimmons



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

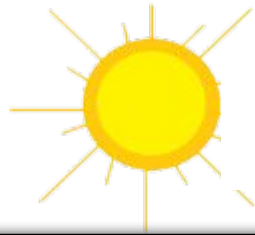


How Do Persimmons Grow on the Farm?

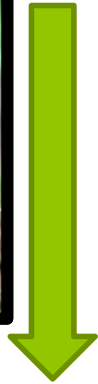


SEED

7 MONTHS



2 YEARS



FLOWER
STAGE

3 YEARS



YOUNG PERSIMMON TREES



7 MONTHS

PERSIMMON FRUITS

A Slice of Persimmon History



- Persimmons have been a popular fruit in Asia for thousands of years.
- Persimmons came from China.
- They made their way to Japan over 1,000 years ago.

- Persimmons are now Japan's national fruit!
- They are used in Japanese New Year's celebrations include the art of **hoshigaki** – hand-dried persimmons



A Slice of **Persimmon** History

How did persimmons get from Asia to North America?

- There was an explosion of persimmon tree planting around the 1870's.
- In one year alone, Japan sent over 5,000 trees to America.



The English word “Persimmon” is derived from the Algonquian language of the north eastern U.S. meaning “dry fruit.”

Today, the two main types of persimmons grown in California are:

TYPES OF PERSIMMONS :



- Hachiya persimmons are high in TANNINS, a chemical that makes them dry and bitter.
- Fuyu are low in TANNINS so they are sweet and juicy.
- How do you think TANNINS affect the color of the persimmons?

Home Grown Facts

- In 2004, **California** produced 99% of the persimmons in the United States.
- **Tulare** and **Fresno** counties produce 53% of the state's total production.



Which variety do you think is the most popular?



FUYU



HACHIYA

Reasons to Eat Persimmons

Excellent source of:

- **Antioxidants** – keeps your cells healthy and can prevent cancer
- **Potassium**– keeps your heart healthy
- **B Vitamins** – helps make energy
- **Vitamin C**– fights germs

Recommended Daily Amount of Fruits and Vegetables

	Kids, Ages 5-12	Teens and Adults, Ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day



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 the persimmon 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.*



YUM!!!

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!



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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