

# PERSIMMON

## FOR YOUR KNOWLEDGE

### **Where did they come from?**

It is believed that persimmons originated in China.

### **Where do they grow?**

Persimmons grow all over the world, from Asia and SE Asia to Africa and the Middle East. They are a winter fruit that remains on the tree after the leaves have fallen off.

### **How do they grow?**

Persimmons grow on trees much like apples. There are two common types found in the US - hachiya and the fuyu. The hachiya must be ripe to the point of being completely mushy and soft before eating. Otherwise the tannins make them too bitter. The Fuyu have nearly no tannins and can be eaten hard. They do taste sweeter if you let them get a little soft like a peach.

### **Are they healthy?**

Persimmons are a good source of Vitamins C and A. It is believed to be very good for your heart and the tannins in the fruit might help prevent influenza.

### **How do you pick a good one?**

Persimmons can be eaten hard or soft. Some people prefer to remove the skin which can be bitter before eating.

### **Did you know . . .**

Although culinarily speaking, persimmon is considered a fruit. The botanical morphology classifies persimmon as a berry. Persimmons grown on trees that are in the ebony family. The wood is beautiful and is sometimes used to make black piano keys!