

# Persimmons



Classification: **Fruit**

(For whole Fuyu)

1 lb AP = 11.7-1/4 cup servings unpeeled, diced raw  
 1 lb AP = 15.7-1/4 cup servings unpeeled, raw wedges  
 1 lb AP = .98 lb (about 2 7/8 cups) ready-to-serve raw, unpeeled diced or (3 7/8 cups) wedged

Peak Season: **November-December**

*Persimmon trees are commonly grown in many areas of the US as an attractive decoration to backyards and landscapes. One of the fewer fruits actually in season in the winter, persimmons can be found in two very different varieties: astringent and non-astringent.*

**Astringent:** The Hachiya variety has led many people to form falsely negative opinions about persimmons. This type is tomato-shaped with an acorn like point, and is about the size of a medium peach. Hachiya persimmons are shiny and bright orange in color when unripe. At this unripe stage, they are very astringent causing many unsuspecting eaters to form a negative opinion of persimmons.



However, when fully ripe (which may take up to a week or more) the skin will begin to dull, they will be as soft to the touch as a water balloon and very sweet with jelly-like flesh



**Nonastringent:** Unlike the Hachiya, Fuyu persimmons are picked ripe and will be ready to eat when purchased. Smaller and squatter than their astringent counterpart, this popular variety is best eaten firm and crisp.

### Storage

Store ripe Fuyu persimmons at room temperature for up to three weeks. Keep in the refrigerator for up to two months.

### Preparation

Persimmons can be eaten raw or mixed in with a variety of foods. The jelly-like flesh of ripe Hachiya persimmons are generally used in baking, while Fuyu persimmons are often eaten raw.

Nutrition Facts			
Serving Size 1 fruit (168g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 120	<b>Calories from Fat</b> 5		
			<b>% Daily Value*</b>
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat	0g	<b>0%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	31g	<b>10%</b>	
Dietary Fiber	6g	<b>24%</b>	
Sugars	21g		
<b>Protein</b>	1g		
<b>Vitamin A</b> 50%	• <b>Vitamin C</b> 20%		
<b>Calcium</b> 2%	• <b>Iron</b> 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat	9 • Carbohydrate
			4 • Protein
			4

**Persimmons contain abundant fiber, beta-carotene, vitamin C, and potassium**



## Try these easy ways to add persimmons to your day

**Homemade Vinaigrette.** Combine a chopped persimmon, 2 tablespoons vinegar (white wine or balsamic), 1 tablespoon olive oil, ½ teaspoon Dijon mustard, and your favorite herbs (basil, thyme etc). Blend and enjoy!

**A Treat for One!** Blend 2 persimmons with 1 cup (8 oz) coconut milk and a pinch of ground ginger.

**Add a Little Lime.** Slice persimmons and spread with lime juice, salt, and chili powder. Enjoy with a slice of cheese or spread with peanut butter.

**Peel & Slice.** Enjoy persimmons as nature intended, right off the tree!

**Fruit Salad.** Combine persimmons, grapes, pomegranate seeds, apple cubes, and sliced green kiwi to create a bright salad for a snack ... or even a hot oatmeal topping.

**Cranberry Chutney.** Combine cranberries, tangerines, rosemary, and persimmons as part of your cranberry chutney recipe!

**Yogurt Bliss.** Scoop out the orange meat of a ripe persimmon, add it to a glass of plain yogurt, chopped walnuts and just a touch of honey. Relax and enjoy.



**Persimmon Sorbet.** For a quick sorbet that doesn't require much work, wrap persimmons in plastic wrap and aluminum foil and place in the freezer. Allow to freeze for a couple of hours.

**Sweet Gazpacho.** Finely dice fresh persimmons, cucumbers, green onion, green peppers and other favorite vegetables. Add to tomato juice with 1-2 teaspoons of olive oil and a splash of cider vinegar

**Sub it.** Replace tomatoes with chopped fresh persimmons in sandwiches, green salads, and salsas .



# Rainbow Chopped Salad

## Dressing:

- 1/4 cup red wine vinegar
- 1 1/2 tablespoons finely chopped shallot
- 1/2 tablespoon honey
- 1/4 cup hazelnut oil or extra-virgin olive oil

## Salad:

- 6 cups chopped romaine hearts
- 4 cups sliced red cabbage
- 1 large Fuji apple, halved, cored, diced
- 1 Asian pear, halved, cored, diced
- 2 Fuyu persimmons, peeled, seeded, diced
- 3/4 cup hazelnuts, toasted, husked, coarsely chopped
- 1/2 cup pomegranate seeds
- 1/2 cup crumbled blue cheese (optional)



## Dressing:

Whisk vinegar, shallot, and honey in small bowl to blend. Gradually whisk in oil. Season dressing to taste with salt and freshly ground black pepper.

## Salad:

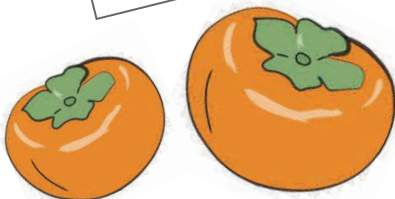
Combine romaine and next 6 ingredients in very large bowl; toss to blend. Add dressing and toss to coat.

Divide salad among plates. Sprinkle with blue cheese, if desired, and serve.

Serves 8

Recipe courtesy of epicurious.com

By Robyn Reese  
1<sup>st</sup> grade teacher  
Adams Elementary  
School  
Costa Mesa, CA



## Praise for the Persimmon

Persimmons are a sweet fall fruit

Ripening high on a tree.

Orange, yellow, and red

Bursting with vitamins A and C.

Fuyu and Hachiya are the kinds that grow

They sort of look like a tomato.

Rich in fiber and beta carotene

It's the cutest little fruit I've ever seen.

## Persimmon Facts

### PERSIMMON WHIP

1/2 cup persimmon pulp  
2 any unflavored gelatin  
1 1/2 Tbs honey  
2 tsp Lemon Juice  
1 1/2 cup persimmon pulp  
1/2 tsp salt  
2 eggs whites, beaten stiff

Put 1/2 cup persimmon pulp into the top of a double boiler. Sprinkle gelatin over it and let it soak for 5 minutes. Heat over boiling water; stir until gelatin is dissolved. Remove from heat.

Add honey, lemon juice, remaining persimmon pulp and salt. Pour into a bowl and cool. Refrigerate until almost set.

Fold in stiffly beaten egg whites. Pour into serving dish and refrigerate several hours until it is set.

Yields 6 servings.

- *The persimmon is Japan's national fruit*
- *During the Civil War, some Southern families boiled, roasted, and ground persimmon seeds to produce a drink similar to coffee*
- *There is a native American persimmon tree, but it produces substandard, inferior fruit taste and is not grown commercially.*
- *You will need to grow two persimmon trees, a male and a female, to have edible fruit. Although persimmon trees can bear fruit after 10 years of growth, optimum fruit-bearing age is 25 to 50 years.*
- *According to weather folklore, persimmon seeds can be used to predict the severity of winter weather. When cut into two pieces, the persimmon seed will display one of three symbols. A knife shape indicates a cold icy winter (where wind will cut through you like a knife). A fork shape means a mild winter. A spoon shape stands for a shovel (to dig out of the snow).*

### PERSIMMON CAKE COOKIES

1/2 cup shortening  
1 cup persimmon pulp  
2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg

Cream shortening in large mixing bowl. Gradually add sugar, beating well. Add eggs and persimmon, mix well. Sift together flour, baking powder, soda, salt, and spices. Add to creamed mixture, stirring well. Drop dough by Tablespoonfuls onto a greased cookie sheet, 2 inches apart. Bake at 350 for twelve minutes

#### FROSTING (if desired)

3 cups sifted powdered sugar  
1 tablespoon butter or margarine, melted  
3/4 teaspoon vanilla  
3 to 6 tablespoons milk

Combine first three ingredients in small mixing bowl; add milk slowly until desired spreading consistency is reached.

