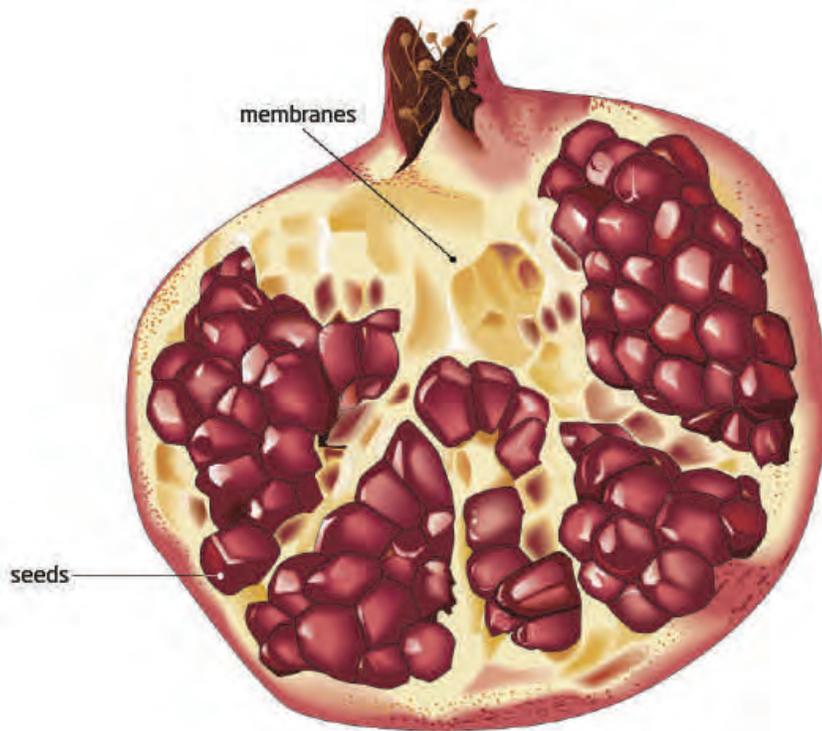


Pomegranate Anatomy



- **Albedo** - the white, fleshy pith
- **Aril** - the edible seed inside the juice sac
- **Calyx** - the crown-like structure at the top of the pomegranate
- **Membrane** - the transparent sac surrounding the arils
- **Outer peel**

Pomegranates

1 lb AP =
1 1/2 cups kernels

1 pomegranate =
3/4 cup of seeds



Peak Season:
September
Through
January

"Eat the pomegranate, for it purges the system of envy and hatred"

—The prophet Mohammed

The pomegranate fruit is berrylike with a leathery rind (or husk) enclosing many seeds surrounded by the juicy arils, which comprise the edible portion of the fruit. These brilliant red fruits are so attractive that most of the pomegranates purchased as fresh fruit in the United States are likely never actually consumed. While this is understandable, Americans are depriving themselves of the wonderful nutrients contained within this cool season fruit. Pomegranates are a good source of fiber and low in calories. Pomegranate juice is high in three different types of polyphenols: tannins, anthocyanins, and ellagic acid; potent antioxidants that may help fight heart disease and many cancers. . The antioxidant content of pomegranate juice is among the highest of any foods. The edible capsule around the seeds also provides vitamin B6, Vitamin C and lots of potassium.

Preparation

Slice off the ends of the pomegranate and carefully score the skin down the middle with a knife. Place the pomegranate in a large bowl of water and gently pull it apart. Under the water you can remove the sections while prying the seeds from the membranes without spraying yourself with juice. The seeds will sink to the bottom and the rinds will float to the surface. Now just skim off the membranes and drain the seeds in a colander. The seeds can then be eaten alone or added as an ingredient in a dish.

Storage

- Whole pomegranates keep well at room temperature for several days, away from direct sun. You can also store them up to 3 months refrigerated in plastic bags.
- The arils (the juice sac containing the seed) can be refrigerated for up to 3 days. Freeze in single layers on trays, then up to 6 months in airtight containers.

Barley & Wild Rice Pilaf with Pomegranate Seeds

From EatingWell: Fall 2003

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 1/2 cup wild rice, rinsed
- 1/2 cup pearl barley
- 3 cups reduced-sodium chicken broth, or vegetable broth
- 1/3 cup pine nuts
- 1 cup pomegranate seeds, (1 large fruit)
- 2 teaspoons freshly grated lemon zest
- 2 tablespoons chopped flat-leaf parsley



Preparation

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened. Add wild rice and barley; stir for a few seconds. Add broth and bring to a simmer. Reduce heat to low, cover and simmer until the wild rice and barley are tender and most of the liquid has been absorbed, 45 to 50 minutes.
2. Meanwhile, toast pine nuts in a small, dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
3. Add pomegranate seeds, lemon zest, parsley and the toasted pine nuts to the pilaf; fluff with a fork. Serve hot.

Per serving: 209 calories; 7 g fat (1 g sat , 3 g mono); 3 mg cholesterol; 31 g carbohydrates; 0 g added sugars; 7 g protein; 4 g fiber; 75 mg sodium; 250 mg potassium.

More Ideas



- Toss them in a salad.
- Sprinkle the seeds on a meat or seafood dish.
- Top your yogurt, oatmeal, cereal, pancakes or waffles.
- Place the seeds in a food processor and process until a juice is formed, then strain through a fine mesh sieve. The juice can be frozen for up to six months.
- Make ice cream with fresh pomegranate juice.
- Just eat them alone as a guilt-free snack!

All about Pomegranates

What's In a Name?

- The fruit's name in French, grenade, provided the name for the weapon because of similarities in appearance.
- Both the Arabic name for pomegranate (rumman) and the Hebrew name (rimmon) are reported to originate as "fruit of paradise."



The Pomegranate Tree

- The pomegranate grows as a deciduous shrub and can reach 20-30 feet in height. There are some pomegranate shrubs/trees that are over 200 years old!
- There are a number of other useful applications for the product of the pomegranate tree.
- Pomegranate bark produces tannins that help create Moroccan leather.
 - Extracts of the flowers and fruit husks have been used as dyes for textiles.
 - Extracts of pomegranate rinds provided a major source of medieval ink in Europe, and specialty craft inks are still created from pomegranate.
 - There is a dwarf variety of the pomegranate that is often used as a Bonsai tree or patio plant.

Traditional Uses

- Historically, pomegranate products have included treatments for contraception, snakebite, diabetes, and leprosy.
- Extracts of tannins (bark, leaves, immature fruit) have been used to halt diarrhea and hemorrhage, whereas dried, crushed flower buds are made into a tea as remedy for bronchitis.
- In Mexico, extracts of the flowers are used as a gargle to relieve mouth and throat inflammation

Interestingly, many of these uses are at least somewhat supported by recent scientific studies

- In addition to their use as a fresh fruit or fruit juice, the juice of the pomegranate also contributes distinctive character to many Middle Eastern dishes, such as the Iranian fessenjan.
- As a practical contributor to the diet, these fruits were likely invaluable to early desert travelers as an easily carried, well-protected form of water

Pomegranate Fruit

- King Tut and other Egyptians were buried with pomegranates, which gave hope of rebirth.
- The pomegranate is one of the oldest known fruits
- It is thought that pomegranates contain more antioxidants than green tea or red wine.
- The pomegranate is categorized as a superfruit because of its nutritional properties.
- Once a pomegranate is picked, it won't ripen anymore.

