

## Florida Fresh: Persimmons<sup>1</sup>

Claudia Peñuela<sup>2</sup>

### Nutrition Facts

Florida's Persimmons are:

- ✓ High in soluble fiber. Soluble fiber reduces the risk of heart disease.
- ✓ High in vitamin A. Vitamin A aids in normal vision, healthy skin, and protects against infections.
- ✓ High in vitamin C. Vitamin C helps to heal cuts and keeps teeth and gums healthy.
- ✓ High in manganese. Manganese is used as energy.
- ✓ Supplier of vitamin B<sub>6</sub>. Vitamin B<sub>6</sub> is involved in protein metabolism.
- ✓ Supplier of potassium. Potassium helps to control blood pressure.
- ✓ Naturally free of fat, and cholesterol and low in sodium.

Note: Varieties of persimmons are hachiya and fuyu.

Nutrition Facts	
Serving Size 1 fruit 2-1/2 (168 g)	
Amount Per Serving	
<b>Calories</b> 118	Calories from Fat 3
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2mg	0%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
<b>Protein</b> 1g	
Vitamin A 55%	Vitamin C 21%
Calcium 1%	Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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### Why Buy Locally?

The U.S. Department of Agriculture (USDA) estimates that the average farmers' market produce travels about **50 miles** to its destination, compared to **2,000 miles** for supermarket produce.

Buy locally and get these benefits:



- Freshness and good nutrition. Fruits and vegetables harvested in their peak have better flavor and nutritional characteristics.
- Social/cultural. Helps the community to be aware of the importance of agriculture.
- Environmental. Protects the natural resources such as green space, wildlife, water, air, and soil.
- Economic. Promotes local labor force.

### Where are Florida's persimmons harvested?

Most of Florida's persimmons are grown in **Central** and **North Florida**. However, hachiya persimmons grow best in **South Florida**.

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## When can you buy Florida persimmons?

You can buy Florida persimmons from **September** through **December**. This is **four months out of the year!**

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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### Select

✓ Dark orange color hachiya persimmons.

✓ Light orange fuyu persimmons.

Note: Since the persimmon is a very colorful fruit (yellow to red), its color is not a sign of ripeness. So, follow the next tips.

✓ Fuyu persimmons that are firm, crisp, and tomato-shape. Fuyu persimmons are non-astringent, so they are eaten raw as a snack, or as topping for yogurt or salads.

✓ Hachiya persimmons that are juicy, soft to the touch, and acorn-shaped. Hachiya persimmons are astringent and taste bitter, so they are used more often in baking.

✓ Persimmons that are shiny and have a smooth skin without bruises or cracks.

✓ Persimmons that have the stem cap attached and the leaves at the top.

Note: Buy firmer persimmons and allow them to ripen in a paper bag if you do not plan to eat immediately.

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### Persimmons and Apple Salad

3 firm-ripe **Fuyu persimmons**, rinsed, stemmed, and thinly sliced lengthwise  
 3 sweet variety **apples**, rinsed, cored, and thinly sliced lengthwise  
 1 Tbsp **walnut** pieces, toasted  
 2 Tbsp **orange** juice  
 1 Tbsp **sherry vinegar**  
 1 Tbsp **olive oil**

**Yield: 6 Servings Time: 15 minutes**

**1.** In a bowl, combine orange juice, vinegar, and olive oil.  
**2.** Add apples, persimmons, and toasted walnuts and mix to coat.

\* **Nutrition info per serving** (1/6 of recipe): Calories: **120 cal**; Total Fat 0g; Sodium 0mg; Total Carbohydrates 25g; Fiber 4g; Protein 1g; Vit A 30%; Vit C 20%; Calcium 2%; Iron 2% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Adapted from: <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

### Persimmons Pudding

2 cups pulp of **Hachiya persimmons**: they have to be soft and mushy  
 2 Tbsp **butter**  
 ½ cup **sugar**  
 2 **eggs**  
 1 cup **skim milk**  
 1 cup **flour**  
 1 tsp **baking soda**  
 ½ tsp **salt**

**Yield: 6 Servings**

**1.** Grease a pan and preheat oven to 350° F.  
**2.** Cream the butter and sugar, add the eggs and pulp, beat.  
**3.** Add the dry ingredients alternately with milk.  
**4.** Pour into the pan and bake 45 to 50 minutes.

**Nutrition info per serving** (148g): Calories: **212 cal**; Total Fat 4g; Sodium 442 mg; Total Carbohydrate 39g; Fiber 3g; Protein 6g; Vit A 23%; Vit C 7%; Calcium 8%; Iron 8%