

PERSIMMONS

The background of the slide features a stylized illustration of a persimmon branch with green leaves and orange fruit. A large, whole persimmon is positioned in the top right corner, while a branch with several green leaves and one orange fruit extends from the left side. In the bottom right corner, there is a detailed illustration of a persimmon that has been cut open, revealing its bright orange, segmented flesh.

Nutrition Facts

- Vitamin A: benefits eye health and the immune system
- Antioxidants: help fights many different diseases and inflammation
- Fiber: helps lower "bad cholesterol"

Fun Facts

- California produces 99% of the persimmons in the United States!
- There are about 50 different varieties of persimmons - but we usually eat Hachiya and Fuyu persimmons
- Persimmons are related to berries
- Try Aliso Canyon Ranch's persimmons! They are located in Santa Paula!