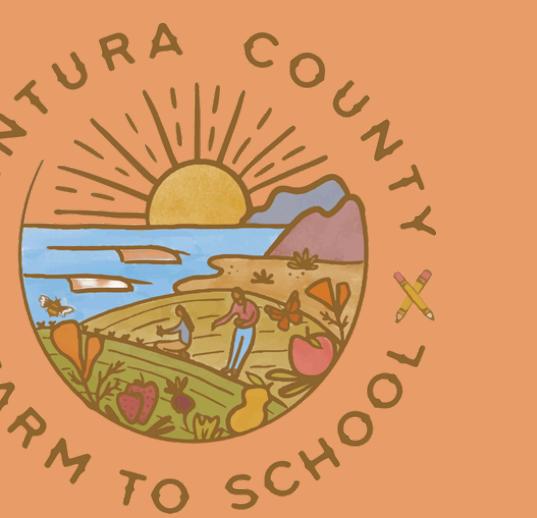


**HARVEST OF THE
MONTH
PERSIMMONS/CAQUIS**

agenda

- **Learn about Harvest of the Month**
- **All about Persimmons!**
- **Aliso Canyon Ranch: Farmer of the Month**
- **Japanese New Year special tradition**
- **Taste a persimmon**
- **Persimmon Haiku**



HARVEST OF THE MONTH

When students are able to taste seasonal fruits and vegetables
We learn about the farmers who grow the food we eat!

PERSIMMONS

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!



How
do
they
grow?



SEEDS



TREES



ORCHARD



**Persimmon
orchard in
September
when the
fruit is not
yet ripe.**



At Aliso Canyon Ranch in Santa Paula, the whole family helps to bring in each year's persimmon harvest.



First, all the fruit is picked off each tree.

Next, fruit is carefully sorted to ensure quality, and placed into boxes that will be delivered right to your school's cafeteria!





Persimmons will last a few weeks after harvest, and are only in season one time each year.

They are delicious when dried and last for months that way, or eaten fresh!



These boxes are packed onto a truck and arrive in your school cafeteria within one week of harvest!



PERSIMMONS

Did you know?

- Persimmon's were cultivated in China over 2000 years ago.
- They are actually considered berries.
- Persimmon trees can take 7 years to produce fruit.





PERSIMMON JAM

Ingredients:

- 6 ripe Fuyu persimmons
- 2 TBSP of lemon juice

Optional:

- 1 tsp ground chia seeds
- 1/2 tsp vanilla
- 1/2 tsp cinnamon

Directions:

1. Remove the tops from persimmons and carefully peel the fruit. Chop the flesh and place in a pot with lemon juice.
2. Bring to a simmer over medium-low heat. Use a potato masher or fork to help break down the fruit as it cooks. Cook for 10-15 minutes until reduced and thickened.
3. Add the ground chia seeds, vanilla, and cinnamon (if using). Stir to combine and let cook for another 2 minutes.
4. Remove from heat and transfer to a blender. Blend until smooth then pour into jar to cool. Alternatively, you can use an immersion blender to puree directly in the sauce pot.
5. Store jam in jars with tight-fitting lid in the refrigerator for up to 2 weeks.





PERSIMMON SALSA

Ingredients:

2 1/2 cups Fuyu persimmons, medium diced
1 1/2 cup Fuji or Granny Smith apples, medium diced
1/2 jalapeño, seeded, membrane removed and minced
1/2 cup cilantro, chopped
1/3 cup yellow onion, minced
1/4 cup fresh lime juice
3/4 cup dried cranberries
1/4 teaspoon salt

Directions:

Dice persimmons and apples. Remove jalapeño seeds and membrane and mince. Chop cilantro and mince onion. Squeeze limes for juice. Mix all ingredients together in a large bowl. Serve and enjoy!

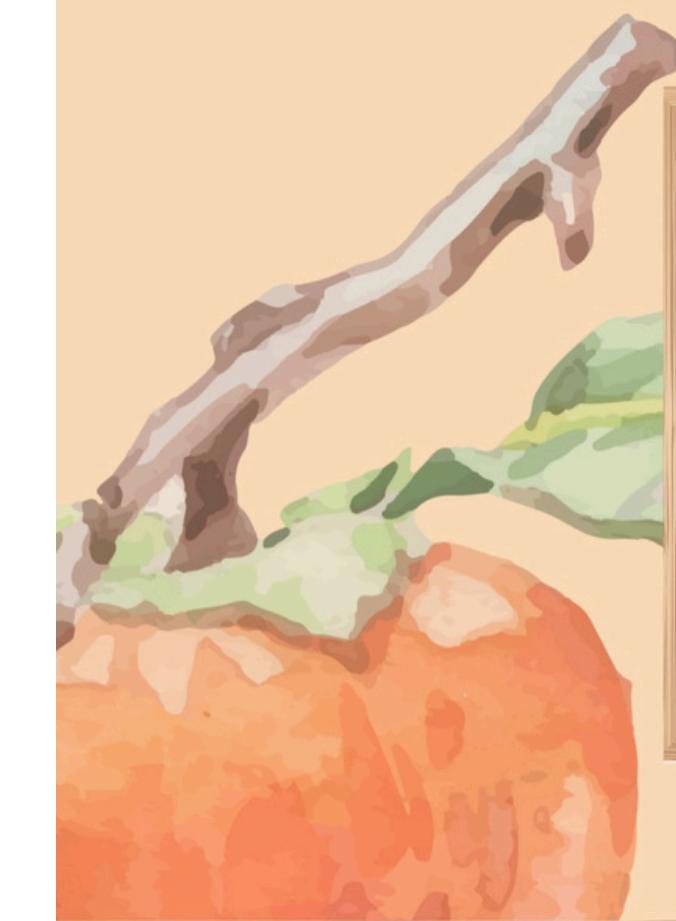
Yield Ten 1/2-cup servings

Nutrition Facts: 32 Calories, 0 g Fat, 0.5 mg Sodium, 63 mg Potassium, 8 g Carbohydrate, 1 g Fiber, 0.2 g Protein, Vitamin A 5% DV, Vitamin C 13% DV, Iron 2% DV, Calcium 0% DV





PERSIMMONS

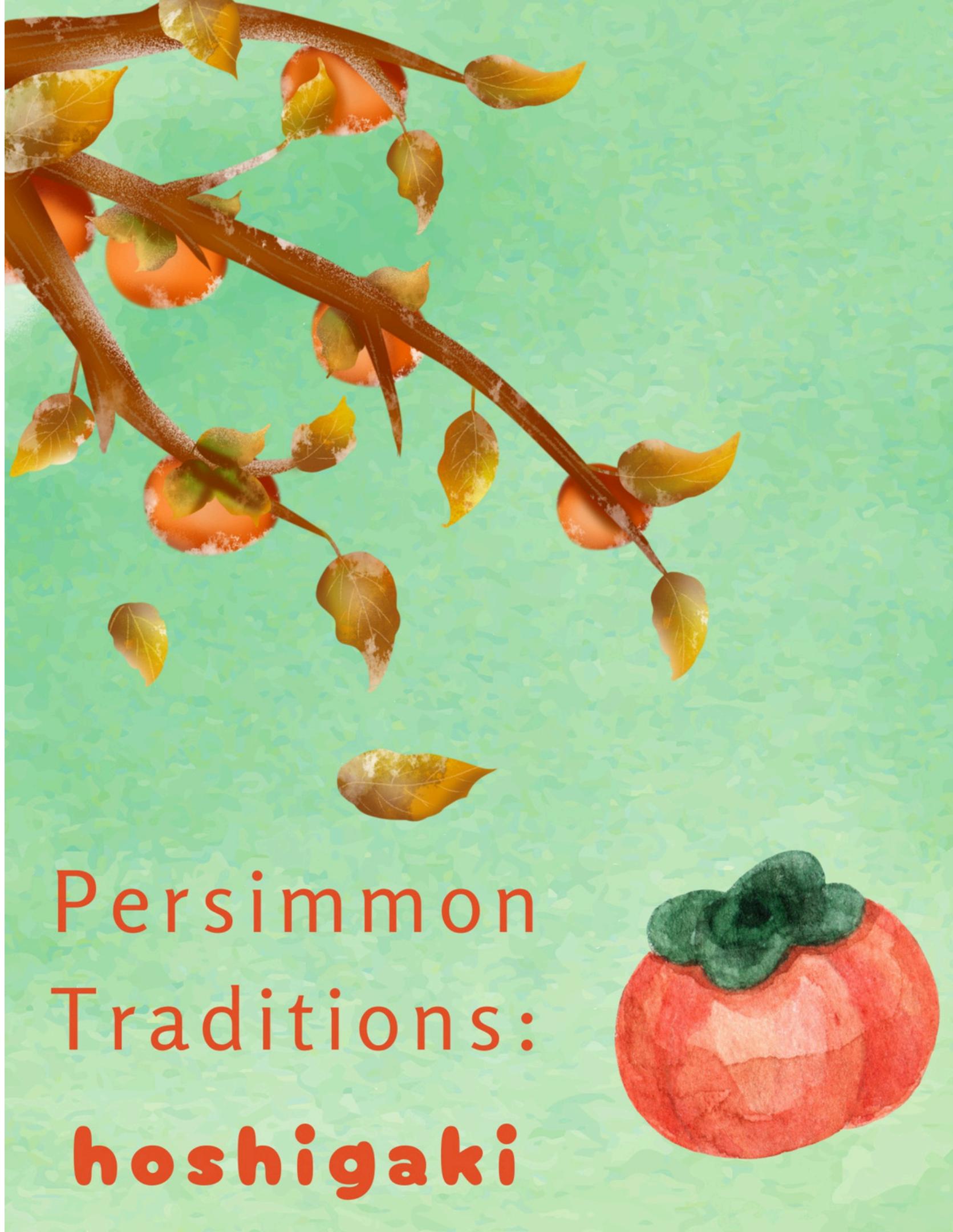


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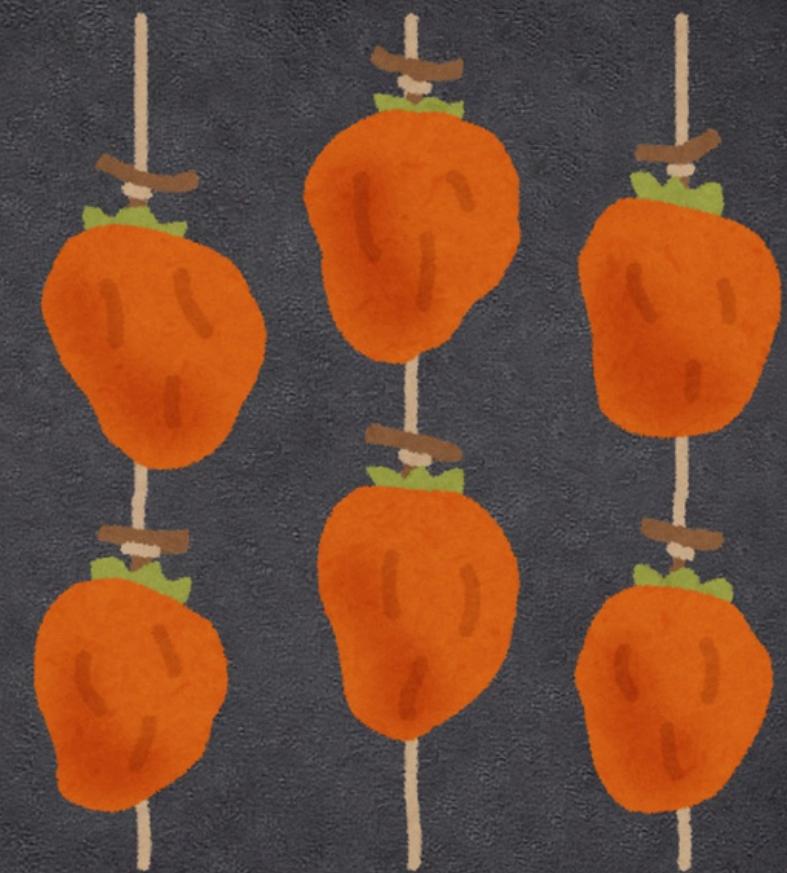
Persimmon Traditions: **hoshigaki**



추석

Hachiya persimmons are peeled, hung on a string in a warm, sunny place for 4-6 weeks to dehydrate the fruit. The fruit is massaged daily to form a white sugar coating on the outside.

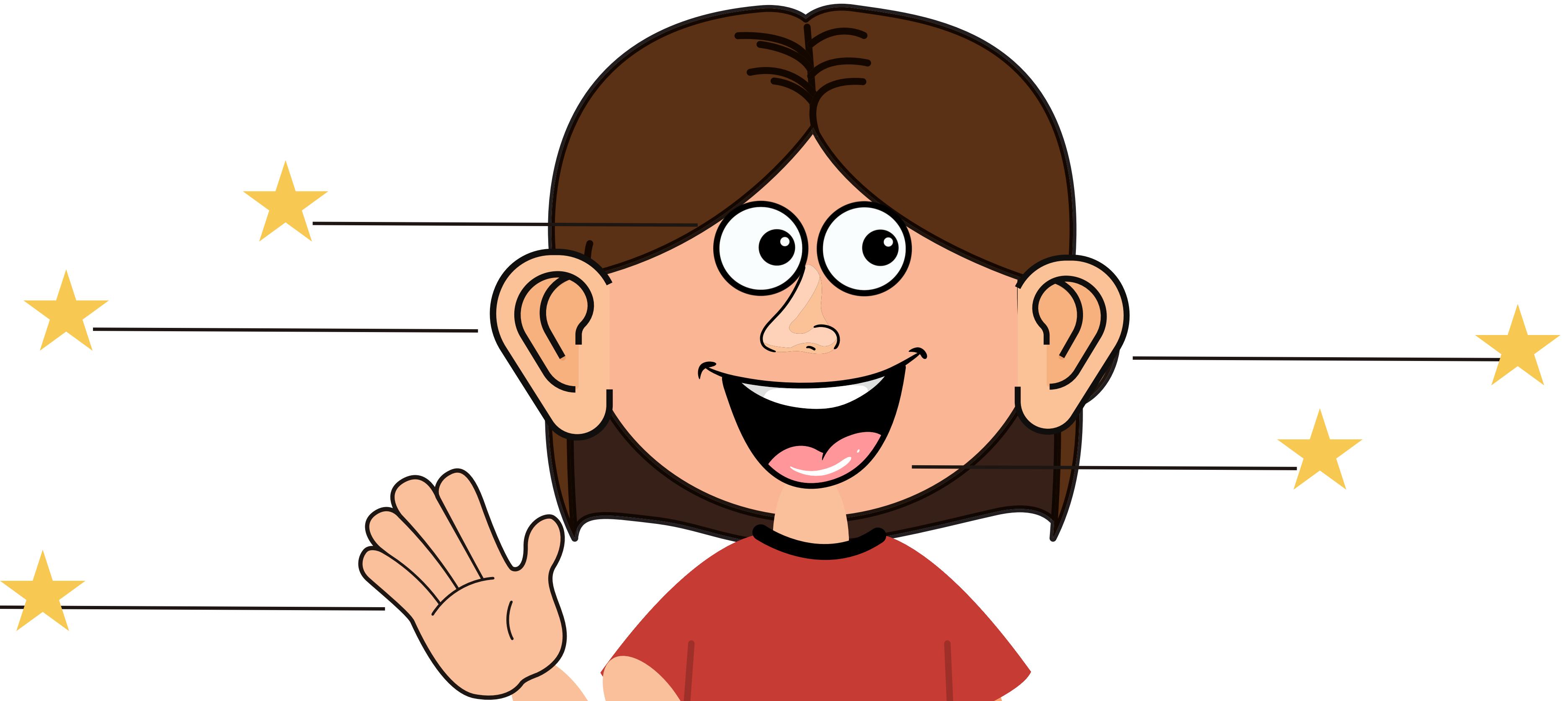
The process begins in the fall when persimmons are ready to harvest. Eating hoshigaki- which means “dried persimmon” in Japanese- on New Year’s Day is a tradition called Hagatame, and believed to bring good luck for the new year ahead.

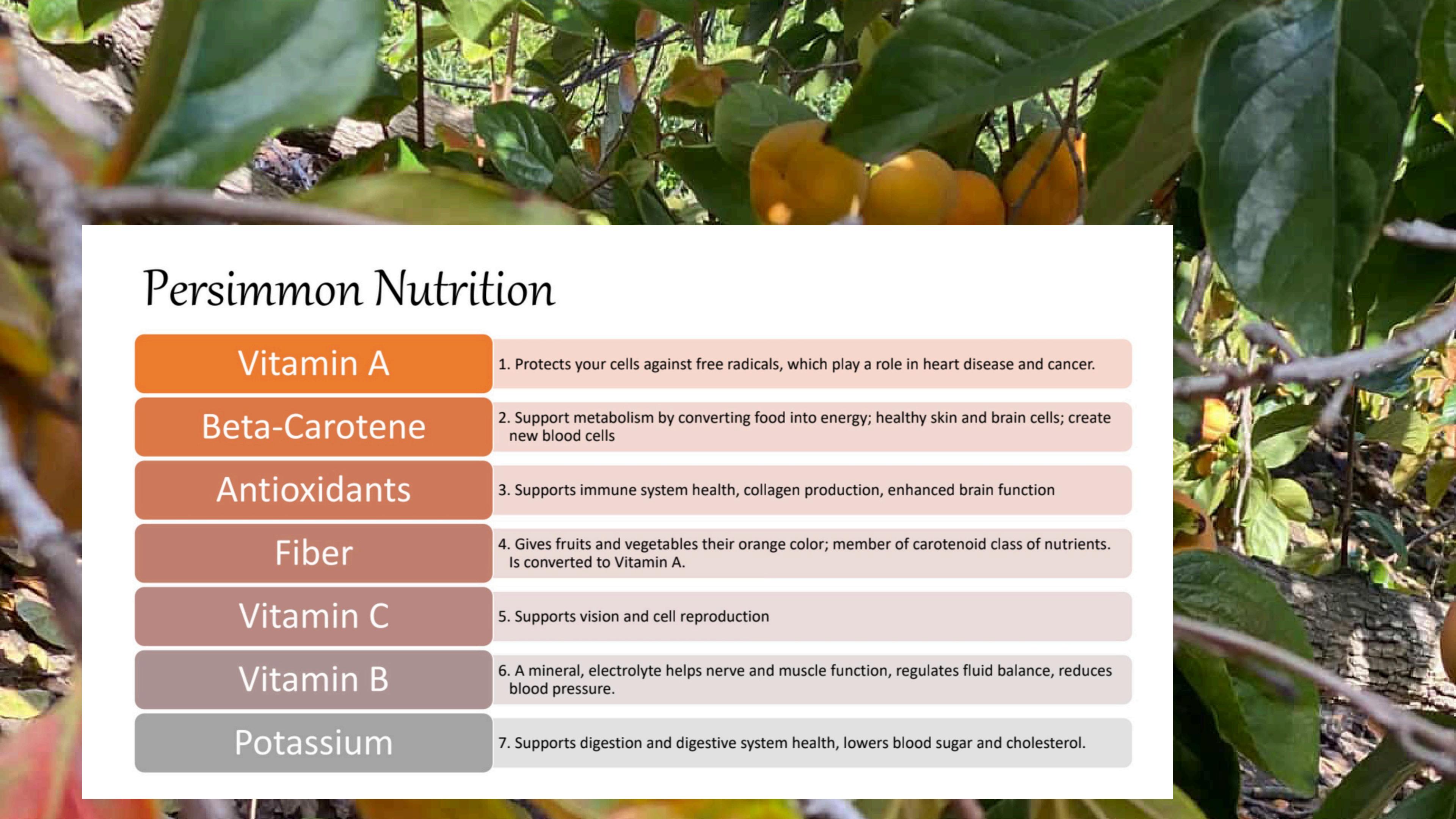


hoshigaki

A Japanese tradition

TASTING WITH ALL OUR SENSES





Persimmon Nutrition

Vitamin A

1. Protects your cells against free radicals, which play a role in heart disease and cancer.

Beta-Carotene

2. Support metabolism by converting food into energy; healthy skin and brain cells; create new blood cells

Antioxidants

3. Supports immune system health, collagen production, enhanced brain function

Fiber

4. Gives fruits and vegetables their orange color; member of carotenoid class of nutrients. Is converted to Vitamin A.

Vitamin C

5. Supports vision and cell reproduction

Vitamin B

6. A mineral, electrolyte helps nerve and muscle function, regulates fluid balance, reduces blood pressure.

Potassium

7. Supports digestion and digestive system health, lowers blood sugar and cholesterol.

A photograph of a persimmon fruit and its slices. The fruit is orange with a green stem and a small brown leaf. It is cut into several thin, semi-transparent slices, revealing its soft, orange flesh. The slices are arranged in a fan-like pattern. The background is a light-colored wooden surface.

Activity

Write a persimmon poem.

It can rhyme.

Or it can be a haiku, if that saves time.

It should express to the reader how

A persimmon can be a delight to eat

A beauty to behold

And a wonder to grow.