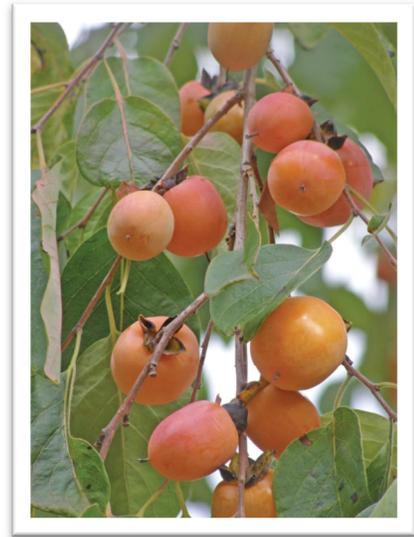


Persimmons

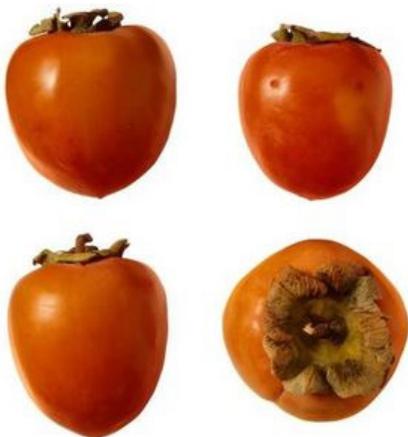
English word for “dry fruit”



Persimmons are a fruit native to China. Two common varieties are the “fuyu” and “hachiya”. Fuyu persimmons look like mini pumpkins and hachiya persimmons are shaped like an acorn. The fuyu variety is best eaten raw and the hachiya is best used in baking because it has a bitter taste.

Persimmons can be eaten fresh, dried, or cooked. Raw fruits can be peeled, cut into quarters or eaten whole like an apple. Their texture ranges from firm to mushy and their flavor is very sweet.

Persimmons are an excellent source of Vitamin A, Vitamin C and fiber.



Hachiya persimmon



Fuyu persimmon