

# Pomegranates



## Selecting

Pomegranates are sized between a lemon and a grapefruit. They are round, with a thick reddish or pink coloured skin. As they ripen they take on more of a square shape.

Choose fruit that is heavy for its size. The heavier ones are juicier.

## Storing

Fresh, whole, unpeeled pomegranates can be stored in the refrigerator for up to two months.

Once they are seeded, the seeds will keep in a closed plastic container for a few days or they can be stored in the freezer for up to ten months.

To freeze, dry the seeds and arrange in a single layer on a rimmed baking sheet lined with wax paper. When frozen (after about 2 hours), place in a freezer bag or plastic container and store in the freezer for up to ten months.

## Preparing

Removing the seeds from the pomegranate is messy. The seeds stain work surfaces, so use a plastic cutting board rather than a wooden one.

The suggested method for removing the seeds is to remove the crown of the pomegranate by carefully making a

circle cut in the top. Score the peel carefully in three places and pull the pomegranate apart. Remove any white membrane that you can. It is easiest to separate the seeds into a bowl of water because the seeds sink and the membrane floats. Use your fingers to pry away the seed from the peel and drop them into the bowl of water. Skim the membranes with a strainer from the bowl and drain the seeds.

## Eating

Pomegranate seeds can be used in cooking, baking, salads, as a garnish, in juice blends, smoothies and alcoholic

beverages. They make a great snack right from the bowl.

Make an easy spinach salad by adding thinly slice red onion, orange wedges and pomegranate seeds to the spinach and top with a simple oil and vinegar dressing.

## Seasonality

Pomegranates are in season from fall to early winter.

## Nutrition

A 100g serving of pomegranate seeds has 83 calories and is a good source of Vitamin C, Vitamin K, folate and fibre and a source of potassium.



We've got a great round up of pomegranate recipes for you to try!  
[www.halfyourplate.ca/our-favourite-pomegranate-recipes-2](http://www.halfyourplate.ca/our-favourite-pomegranate-recipes-2)

