

# Persimmon



## Selecting

While hundreds of varieties of persimmons exist, there are two most popular types found in North America: the Hachiya and Fuyu. The Hachiya variety are acorn shaped and must soften before they are eaten. The Fuyu variety are shaped like a tomato and can be eaten when firm or soft.

At your supermarket, choose persimmons that are smooth, have a dark rich orange colour, and feel heavy for their size. They should have a glossy skin and be without any cracks, bruises or soft spots. Yellow patches are a sign that the fruit is not ripe.

## Storing

Ripe persimmons should be stored in the crisper drawer of the fridge. They can last for a couple of weeks if kept whole.

Unripe persimmons should be stored on the countertop at room temperature until soft. To speed up the ripening process, place the persimmons in a paper bag with a ripe banana.

## Preparing

Wash persimmons well under running water before eating or cutting into. You can slice a persimmon in half and eat raw. The skin is typically thin, making it perfectly

edible. Once sliced, store persimmons covered in the refrigerator and use within a few days.

## Eating

Persimmons are delicious eaten fresh as a snack. They also make great additions to salads and desserts and can be roasted or broiled.

Try these delicious ideas:

- Slice into rounds and add to your next sandwich instead of a tomato.
- Finely chop, combine with tropical fruit to make a salsa, and serve over grilled chicken or fish.

- Roast in the oven and drizzle with honey for a tasty dessert.

- Partially freeze ripe, soft persimmons and puree for a quick sorbet.

## Seasonality

Persimmons are in season during the late fall and are not usually sold year-round. In your supermarket, look for fresh persimmons from October to January.

## Nutrition

Persimmons (140 g portion) are a high source of fibre, a good source of manganese, and vitamins C, B6 and A.



**Make persimmon 'fruit chips' by thinly slicing into 1/4 cup inch rounds and bake at 250°F on a wire rack until centers look dry and edges begin to curl up (about 1 1/2 - 2 hours). Great to enjoy as a snack, add to a trail mix or top your favourite yogurt.**

