



Local Farm to School Presents-



FUYU PERSIMMONS

*A nutrient POWERHOUSE
Crisp like an apple, sweet mild
taste that combines pears, dates,
brown sugar, and cinnamon*

ABOUT...

Persimmons are one of the last fruits of the season and among the most colorful with dramatic autumn leaves and bright orange fruit. October is the month that persimmons ripen in our area and the fruit can be used in many ways from fresh or dried fruit to an ingredient of cookies, puddings or salads. The persimmons today are brought to you from Scott Farms in Tulare County.

Source: <https://ucanr.edu/blogs/>

FUN FACTS

- There are about 2000 Varieties of persimmons, but only 2 are wildy grown in California - Fuyu and Hachiya
- Persimmons are a good source of potassium, fiber, vitamin A, vitamin C, calcium, and phosphorus
- Persimmon trees can reach 70 feet tall!

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