Pomegranate

What am I?

Pomegranates are tropical round fruit that have a dark red, purple or black thick skin. The only edible part of the fruit are the seeds, which are juicy and either tart or sweet tasting.

How do I grow?

- Pomegranates like to grow in hot dry regions.
- Pomegranate trees can self-pollinate or be pollinated by insects.

Nutrition Facts

Pomegranates are high in phenols, tannins, folate, potassium and vitamin C and K.

Fun Facts

- Each pomegranate contains hundreds of edible seeds which can be eaten fresh or made into juice.
- When ripe, pomegranates will make a metallic sound when tapped.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent