



Persimmon

What am I?

Persimmons are fruit from the berry family. They generally are small with outer colors ranging from yellow, orange or red while their inside flesh is orange with black seeds.

How do I grow?

- Persimmons grow in trees that are very tall, sometimes up to 70 feet.
- It can grow in nearly any type of soil.
- The persimmon tree can be found in California and the southern region of the east coast.



Nutrition Facts

Persimmon is high in vitamin C, A, potassium and fiber.

Fun Facts

- Prior to eating, persimmons need to be cured. This can be done by leaving covered persimmons exposed to near freezing temperatures, exposing them to smoke or putting them in a container with bananas and apples which produce an ethylene gas that cures fruit.

