

ABOUT PERSIMMONS



When Japanese farmers settled in California more than 100 years ago, they brought persimmons with them. Placer County is considered the Garden of Eden for California persimmon lovers because of a perfect growing climate. Persimmons are divided into two main categories: astringent and non-astringent. Astringent varieties include: Hachiya, Sharon fruit, and Tamopan. Astringent persimmons you will want to be sure they are very ripe before consuming or they will not be palatable. Non-astringent persimmon varieties include: Fuyu, Hyakume, Maru, and Tsuru Noko "chocolate". Non-astringent persimmons can be eaten crisp. Persimmons are an excellent source of vitamin A and C, a good source of manganese and dietary fiber. You will be getting Fuyu persimmons in your CSA boxes.

Choose:

- ◆ The skin should be brilliant orange and the flesh burnt-orange in color or light brown depending on the variety

Avoid:

- ◆ Skin that is split, scars, or bruises

Storage:

At room temperature, refrigerating them will cause damage.

Serving Tip:

- ◆ Persimmons can be eaten fresh, dried, or cooked.
- ◆ Non-astringent persimmons are good sliced and used in salads.
- ◆ Astringent persimmons are used in baked goods and cookies.
- ◆ Some people prefer to peel the astringent varieties.

PERSIMMONS

Persimmon, Arugula and Asian Pear Salad

Yield: 4 servings

Time: 15 minutes



Ingredients

1 teaspoon brown mustard

1/2 lemon, juiced

1/4 cup olive oil (preferred) or vegetable oil

1/4 red onion, minced

1 Fuyu persimmon, sliced

1 Asian pear, sliced

1/2 cup roasted winter squash seeds, optional (see recipe on page 60)

1 bunch arugula

Salt and pepper, to taste

Directions

1. Whisk the mustard, lemon juice, oil, and onion in a bowl. Add the sliced persimmon, pear, squash seeds, and arugula and mix well to coat.
2. Season to taste with salt and pepper.
3. Serve.



Have your child help with the recipe by having them toss in the persimmons, pears, seeds, and arugula, while you mix.

Notes: _____
