

Harvest of the Month

Network for a Healthy California

November 2012

Persimmon



Elementary Nutrition Activity: California's Gold DVD

If you are interested in learning more about California's production of persimmons, reserve the California's Gold DVD segment on Persimmons from your school library. In this DVD, Huell Howser spends the day in Granite Bay California at Otow Orchard to learn the ancient art of Hoshigaki, which is the drying of persimmons. The persimmons are dried each fall in a slow, patient, hands-on process that usually takes three to six weeks, per persimmon. Each persimmon is hand-peeled, strung onto a rack, and massaged every 3 to 5 days for several weeks. Weather conditions are watched carefully. The result is a transformation into a sugary delicacy that is tender and moist.

For more information on educational resources, visit:

California's Gold©

<http://www.calgold.com/>

