



Pomegranates

The **pomegranate** is an autumn harvest fruit which grows well in Mediterranean climates. The pomegranate was originally native from Iran into the Himalayas and then spread throughout the Mediterranean region. The pomegranate was brought to California in the late 18th century. The name "pomegranate" derived from the French word "pomme garnete" - literally "seeded apple."



The pomegranate is covered by a skin which can vary in color from yellow-green to the typical red.

The pomegranate fruit is eaten out of hand by making superficial vertical incisions on the tough skin and then breaking it apart. Clusters of juice sacs are lifted out, and the white membrane, pith, and rinds are separated from the seeds.

The pomegranate grows on a tree or shrub typically 15 feet high. Pomegranates are usually harvested from October to January. The pomegranate is among the most nutritionally rich fruits with unique flavor, taste, and health promoting characteristics. They are high in Vitamin C and potassium, a great source of fiber, and low in calories.

AVAILABILITY

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| California | ✓ | | | | | | | | | ✓ | ✓ | ✓ |