

Taste Test: Persimmon



Persimmons are a relatively uncommon fruit, however they are delicious and packed with vitamins A and C, antioxidants, and minerals. They pair very well with both savoury and sweet foods and are similar to peaches in size. These orange fruits are often mistaken as tomatoes, due to their green top and orange exterior. They are perfectly sweet and pleasant when fully ripe! Persimmons have been grown in China and Japan for thousands of years and are only now becoming more common in Canada and the United States.¹

Food Fact

Persimmons contain carotenoids which give them their orange colour and help with immune protection!¹

How to Choose:

- Look for persimmons that are free from blemishes, bruises, or open scratches
- Look for persimmons that have deep red undertones
- Ensure the persimmon you are choosing has green leaves at the top
- Persimmons that are plump with a satin, smooth skin are recommended²

How to Prepare:

- Wash your persimmon well before consumption
- They can be eaten raw, like an apple or cut into quarters, skin included!
- Waiting until they are quite soft to consume, as the natural sweetness will be more pleasant!
- They can take up to 1 week to ripen, for a quicker ripening process try putting them in a brown paper bag with a banana²

How to Store:

- Store in the refrigerator when ripe²

Note:

Canada's food guide recommends:

- Trying to make half your plate full of fruits and vegetables
- Opting for a variety of different colours and textures in your meals and snacks³

I Tried It!

My Rating (circle one):



Would you like to try persimmon again?

YES NO

Ideas for Serving Persimmon:

- Add persimmons to yogurt or oatmeal
- Add frozen persimmons to smoothies for extra natural sweetness
- Try dried persimmon
- Add persimmon to an avocado salad
- Eat as is!
- Cut and serve with your morning breakfast
- Make persimmon cookies or scones
- Try adding to persimmon to a salad

Slow cooker persimmon applesauce

Makes 6 servings

Ingredients

- 6 medium apples
- 4 persimmons
- Juice of one lemon
- 2 teaspoons vanilla extract
- ½ cup water

Directions

1. Peel, core and thinly slice the apples and persimmons.
2. Place them in your crockpot and add in the lemon juice, vanilla extract, and water. Cover your crockpot and set the temp to high.
3. Let everything cook for 3-6 hours (depending on the strength of your crockpot).
4. Once the cooking time is up, mash the fruit with a potato masher until your desired consistency.
5. Store in an airtight container in the fridge.



Recipe adapted from [The Conscientious Eater](#).

Getting children involved in cooking at home makes them more likely to eat more protein and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca.

¹ American Heart Association. Persimmons pack plenty of nutritional punch. <https://www.heart.org/en/news/2020/10/19/persimmons-pack-plenty-of-nutritional-punch>. Accessed May 2022.

² Half Your Plate. Persimmon. <https://www.halfyourplate.ca/fruits/persimmon-japanese/>. Accessed May 2022.

³ Government of Canada. Canadas Food Guide. <https://food-guide.canada.ca/en/>. Accessed May 2022.