

## Persimmon-Teaching Points 3-4 Grades

### Reasons to Eat Persimmons?

- ❖ Persimmons have lots of fiber to help move food we eat through our body. They also have vitamins A and C.

### How Much Do I Need?

- ❖ A serving of persimmons is one medium-sized fruit, which is about the size of a baseball. *Remind students that eating a variety of colorful fruits and vegetables throughout the day will help them reach their recommended needs.*
- ❖ *Recommended ranges take into account three activity levels: sedentary, moderately active and active. Children should get at least 60 minutes of moderate physical activity a day in addition to regular activity.*



### Just the Facts

- ❖ In Asia, persimmons have been grown for thousands of years and are next to citrus in importance.
- ❖ The persimmon is Japan's national fruit.
- ❖ There are two popular varieties we grow in California, Hachiya and Fuyu.
- ❖ Some persimmons contain tannic acid which makes fruit bitter and makes your mouth feel dry. The Fuyu does not have tannic acid but the Hachiya does. This makes the Fuyu better tasting and easier to eat right off the tree.
- ❖ Persimmon trees are grown for wood (used in golf clubs, weaving cloth and making furniture), their flowers make nectar for honeybees, and grown for their beauty.

### What's In a Name?

- ❖ Long ago, people referred to the persimmon as "food for the Gods"
- ❖ The English word "persimmon" comes from a word meaning "dry fruit".
- ❖ Hachiya is an astringent variety (because of the tannins); acorn shaped with a bright, deep orange-red color. It must be jelly soft before you can eat it. This variety is used mostly for baking. To ripen astringent varieties, store at room temperature. It will ripen faster if put in a paper bag with an apple or banana.
- ❖ The Fuyu is a non-astringent variety (does not have tannins); light orange in color, round, pumpkin shaped and may be eaten raw when firm or soft.



### A Piece of Persimmon History

- ❖ Persimmons were an important and necessary food for the Native Americans.
- ❖ In the United States today, we do not eat them as much as the Native Americans did.

### Home Grown Facts

- ❖ In 2004, California produced 99 percent of the persimmon crop in the United States at a total value of about \$10.3 million.
- ❖ Tulare and Fresno Counties produce 53 percent of the State's total production.

### How Do Persimmons Grow?

- ❖ The persimmon is a deciduous tree. The tree can grow in a wide range of soils and climates and is immune from most diseases and insects. Although the trees can withstand temperatures as low as 0 ° F during the winter, they do not produce well in high summer heat or desert regions.
- ❖ Persimmon trees grow as tall as 25 feet and have live as long as 10 years.



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