

## Persimmon-Teaching Points      K-2 Grades

### Reasons to Eat Persimmons?

- ❖ Persimmons are full of fiber. Fiber helps move food through our bodies. 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

- ❖ The persimmon is Japan's national fruit.
- ❖ Persimmon trees are grown for their wood. They make the wood into golf clubs and furniture. Persimmon flowers produce nectar that honeybees love.

### What's In a Name?

- ❖ Long, long ago, the persimmon was called "food for the Gods"
- ❖ The English word "persimmon" comes from a word meaning "dry fruit".
- ❖ There are two popular types of persimmons we grow in California, Hachiya and Fuyu.
- ❖ Hachiya is 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. They will ripen faster if they are put in a paper bag with an apple or banana.
- ❖ The Fuyu is light orange; pumpkin shaped and may be eaten when firm or soft.



### A Piece of Persimmon History

- ❖ Persimmons were an important and necessary food for the Native Americans.
- ❖ Today in the United States, we like them but we don't eat them every day.

### Home Grown Facts

- ❖ In 2004, California grew most of the persimmons people ate in the United States.
- ❖ More than half of the persimmons grown in California were grown in Tulare and Fresno counties.
- ❖ The Hachiya was the preferred type but now the Fuyu is the favorite. The Fuyu can be eaten whole, right off the tree. The Hachiya is not usually eaten right off the tree. It can taste bitter.

### How Do Persimmons Grow?

- ❖ The persimmon tree will lose its leaves in the winter but the leaves will grow back in the spring. Maybe you have seen orange persimmons hanging in the tree in the fall when most of the leaves have fallen off.
- ❖ There are diseases that can make trees sick and bugs that eat the leaves and fruits of plants. Persimmon trees can resist diseases and insect pests.
- ❖ Although the trees can survive really cold temperatures in the winter, they do not like hot summer heat. In places where it is very hot, like the desert, the trees will not grow very much fruit.
- ❖ Persimmon trees grow as tall as 25 feet and live as long as 10 years.



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