

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Persimmons are fruit from the berry family. They generally are small with outer colors ranging from yellow, orange or red while their inside flesh is orange with black seeds.

## HOW DO I GROW?

Fuyu persimmons grow on very tall, self-pollinating trees. Persimmon trees sometimes grow up to 70 feet!

## NUTRITION FACTS

They are a source of vitamin C to strengthen the immune system and fiber to help with digestion. They are 80% water so they help keep you hydrated!

## FUYU PERSIMMONS



## FUN FACTS

In Japan, persimmons are often associated with good luck and are given as gifts during the New Year.