

# Persimmons

## How to Eat:

Fuyu (short and round): Eat like an apple - no need to peel!

Hachiya (long and large): Wait until soft, and scoop like pudding.

## Tasty Pairings:

Savory: Goat cheese, nuts, turkey, balsamic, quinoa, arugula

Sweet: Greek yogurt, honey, cinnamon, dark chocolate, fresh fruit

## Storage Tips:

Ripen on the counter until color is darker.

Once soft, refrigerate for up to a week.

Freeze sliced persimmons for smoothies or desserts.

## Benefits:

- High in vitamin A for eye health.
- Provides vitamin C to support the immune system.
- A good source of fiber for healthy digestion.
- Rich in antioxidants that may help reduce inflammation and support heart health.

