



TAHOE FOREST  
HEALTH SYSTEM

# Harvest of the Month

## Pomegranates

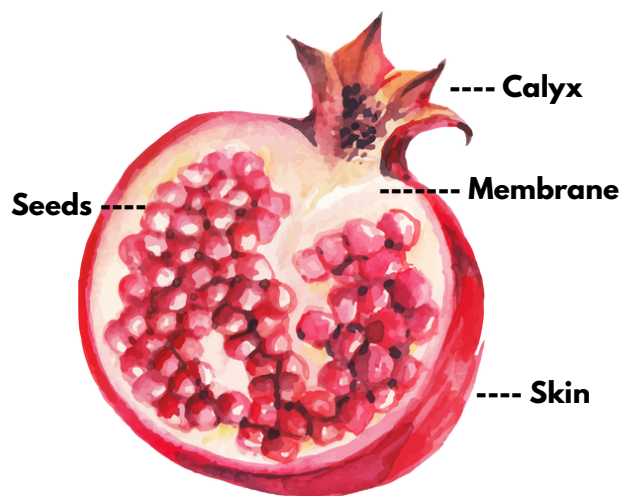
### Engaging Questions

- Raise your hand if you think you can eat the seeds inside a pomegranate.
- What do you think pomegranate seeds will feel like?
- If you could add pomegranate seeds to a meal like yogurt, salad, or even a dessert, what would you pick?

### Reasons to Eat

- Pomegranates are a nutritious fruit high in antioxidants (substances that can prevent or slow cell damage caused by free radicals (which are unstable molecules that can harm cells)).
- Pomegranates have many health benefits – especially for your heart and reducing cancer risk.

### Botanical Facts



**Scientific Name:** Punica granatum

**Family:** Lythraceae

**Classification:** Berries

### Produce Tips

- Pomegranates can be stored in the refrigerator for up to two months.
- Once opened, the seeds (arils) or juice will keep for about 5 days in the refrigerator. For longer storage, the seeds can be frozen for up to a year.

## How do they grow?

- The pomegranate grows as a shrub or a small tree. It can reach about 16 to 33 feet tall
- The pomegranate fruit is a type of berry. It grows from one flower.
- Pomegranates don't need a lot of water, so they grow well in dry places.
- Pomegranates can grow from seeds, but farmers usually grow them from cuttings. This means they take a piece of a healthy branch and plant it.
- Trees become mature after two to three years and can live for up to 200 years.

## Connection to California

- California is the largest producer of pomegranates in the United States.
- Harvest typically begins in late October and lasts through January.

## Fun Facts

- A single pomegranate can hold anywhere from 200 to 1,400 seeds, according to Kids encyclopedia facts!
- The juicy, red part of the seed is called an aril, and it's the part we eat!
- In many cultures, pomegranates are seen as symbols of good luck, health, and prosperity.
- The color of the pomegranate rind can vary from pink to red to brick, but the color doesn't always indicate ripeness.

## History

- Pomegranates first grew in Iran and the Himalayas in northern India.
- In ancient Rome, people crushed pomegranates to make a red dye.
- In Asia, pomegranate seeds have played a crucial role in traditional medicine practices for many years.