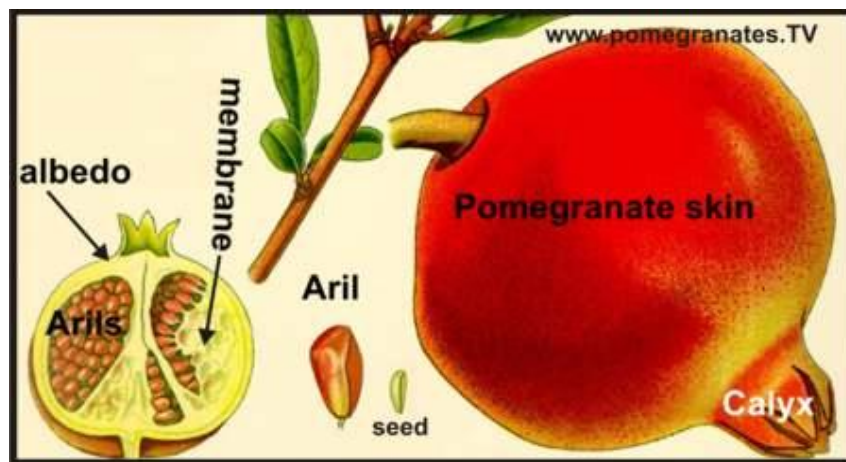


POMEGRANATE



The pomegranate fruit is originally from the Middle East and Asia. Its name is derived from Middle French “pomme garnete” which means seeded apple. The pomegranate is also known as Granada or the Chinese apple.

The pomegranate grows on a tree or shrub typically 15 feet high. It is covered by a skin which can vary in color from yellow-green to red (more typical). Under the skin is the body of the pomegranate, referred to as the albedo. At the bottom of the pomegranate is the calyx. The albedo is typically segmented, and contains the edible portion - the aril. The arils are covered with a thin white to yellow membrane. Inside each aril is the fruit/juice and a seed. The pomegranate fruit is usually harvested from October to January.



Pomegranates are high in vitamin C, potassium, and fiber. Additionally they contain a high amount of antioxidants that are beneficial to our health in many ways. Pomegranates are usually made into juice, but the arils can be eaten raw and used on salads and used in baking.