

POMEGRANATE



- ◆ The word pomegranate is from the Latin “pomum granatum” which means “apple of many seeds. The pomegranate is actually a berry.
- ◆ Pomegranates are one of the oldest fruits, and native to Persia (now Iran). Ancient Egyptians were often buried with pomegranates.
- ◆ The pomegranate was introduced to California by Spanish settlers in 1769. Thomas Jefferson plated pomegranates at Monticello in 1771.
- ◆ Pomegranate season is from September to February in the Northern Hemisphere. This has earned it the nickname “The Jewel of the Winter.”
- ◆ Pomegranates are a SUPERfood! They are high in vitamin C and potassium, and a great source of fiber. The juice is high in three different types of polyphenols, a potent form of antioxidants. The three types are presents in many fruits but fresh pomegranate juice contains particularly high amounts of all three.