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.