

# PERSIMMONS



## STORAGE

Keep Hachiya persimmons at room temperature until they become “jelly soft,” about 1 week; Keep Fuyu persimmons at room temperature for up to 3 weeks.

## HELPS SUPPORT

Vision, immune system.

## HOW TO USE

When it becomes very soft, scoop out the inside of a Hachiya persimmon and spread it on toast; Cut a Fuyu persimmon into cubes and add it to your favorite cereal.

## COMMON VARIETIES

Hachiya (acorn-shaped with a blunted point); Fuyu (round).

# SALAD WITH PERSIMMONS

Servings: 5

Preparation Time: 15 Minutes

## INGREDIENTS

- 3 cups of fresh spinach or lettuce, washed
- 3 medium Fuyu persimmons, sliced
- 1 tablespoon of oil
- 1 tablespoon of vinegar
- ½ teaspoon of salt
- Optional: ½ cup of chopped nuts



*Photo: Leah's Pantry*

## INSTRUCTIONS

1. In a small bowl, mix the oil, vinegar, and salt for the dressing.
2. In a large bowl, mix the washed spinach or lettuce, persimmons, and nuts, if you're using them.
3. Pour the salad dressing into the larger bowl and mix it with the other ingredients.

*Adapted from EatFresh.org*