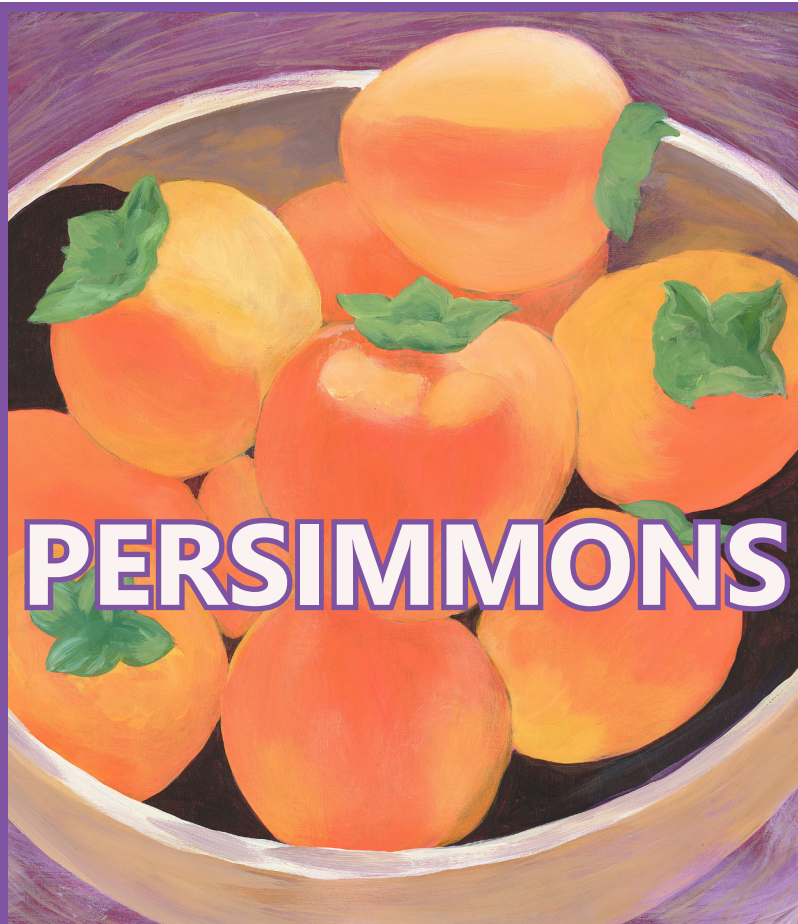


# Harvest of the Month



## Literature Links

- *Harvest Year*, by Chris Peterson
- *The Runaway Persimmon*, by Suzanne Coomber
- *Why Epossumondes Has no Hair on His Tail*, by Coleen Salley

## Video Discussion

What are the differences between fuyu and hachiya persimmons?

What happens if you eat an unripe hachiya persimmon?

What are the steps to making hoshigaki?

## Local Highlight

Persimmons like warm temperatures, which means you have to go inland to find them in Humboldt County.

Check out our video about local persimmons and McIntosh Farm:

[vimeo.com/channels/hcoenutrition](https://vimeo.com/channels/hcoenutrition)



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



# Harvest of the Month



## PERSIMMONS

*Diospyros kaki*



Spanish: los caquis  
Hmong: txiv persimmon

### Nutrition Power

Persimmons are a good source of vitamins A, C, and B6.

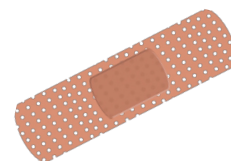
**Vitamin B6**

helps your immune system!



**Vitamin A**

helps your vision!



**Vitamin C**

helps you heal!

### History

Sometimes called Japanese or Chinese persimmon, the kaki persimmon is native to China, Northeast India, and northern Indochina. It has been cultivated in China for more than 2,000 years and is also very popular in Japan, Nepal, and Korea. It was introduced to California in the 1800's. The United States also has a native persimmon called *Diospyros virginiana* (American persimmon). These trees are mainly found growing in the wild in the eastern states.



### Did You Know?

- Plant part we eat: FRUIT
- California produces 99 percent of the Japanese persimmon crop grown in the United States.
- The two major Japanese varieties grown in California are the Fuyu and the Hachiya.
- Fuyu persimmons are disc shaped and can be eaten firm. Hachiya persimmons are cone shaped and are ready to eat when very soft.
- The persimmon is Japan's national fruit. The art of hoshigaki (dried hachiya persimmons) is an important part of traditional Japanese New Year's celebrations.

