

## PERSIMMON

### Types

Native persimmon varieties produce fruit that is close to the size of a plum. Most native varieties must be completely ripe and soft before they lose enough astringency to be eaten.

The flavor and quality is also variable, ranging anywhere from a flat, insipid flavor to good, sweet, quite delectable quality. In most cases the flesh is very pungent and astringent, and until the fruit is soft ripe it will pucker the mouth. But fully ripe persimmons are sweet and mellow.

**Even Golden** — ripens in mid-September in southern Indiana, is of excellent quality and firmness. Size is medium and fruits contain 3-8 seeds; one of the oldest cultivated varieties. Very productive.

**John Rick** — ripens in early October in southern Indiana. Is also of excellent flavor and firmness, is larger than Early Golden. Fruit contains 2-8 seeds. Productive.

**Woolbright** — ripens in early October. Excellent flavor but soft, splitting when it falls. Fruit large with 2-8 seeds. Productive.

**Miller** — good late variety. Flavor good, texture firm, size large with 2-8 seeds. Productive.

**Killen** — ripens in early October, flavor good, texture firm, size medium, moderately productive.

**Ennis** — seedless variety, ripening in mid-October. Excellent flavor, soft texture, medium size, moderately productive.

### Selection Info

Choose persimmons that are heavy for their size. Look for fruit with glossy, firm, brightly colored skin. Handle persimmons with care; their delicate skins bruise easily.

Persimmons fare better stored at room temperature. Once ripe, they are best eaten immediately but may be stored in the refrigerator in a plastic bag for up to three days. Persimmons must be ripe. Unripe persimmons are loaded with tannin, which causes the puckering and distaste. The ripe mushy persimmons are very sweet. The pulp can contain as much as 34 percent fruit sugar. The ripe fruit, almost rotten looking, is so soft it seems to melt all over your hand when you pick it up. Persimmons are high in pectin so they can be used in puddings without adding thickeners and sweeteners.

### Preparation

Persimmons are utilized in many ways. They are eaten fresh, and when fully ripened have a delightfully sweet flavor. Persimmons are also used in puddings, cookies, cakes, custard, sherbet and the like. The pulp is prepared from fully ripened persimmons, which have been washed and had the calyx removed. The fruit is crushed through a colander or food mill to separate the pulp from the seeds and skin. The pulp then may be used immediately or frozen for use later. Stainless steel or non-metallic utensils should be used where possible.

### Storage

**Short-Term Storage** - Persimmons will continue to ripen after harvested. It is best to store them at room temperature. Ripe persimmons are best eaten immediately, but you can refrigerate them for 1 or 2 days. Unripe persimmons will keep in the refrigerator for up to one month. Keep refrigerated persimmons unwashed in a plastic bag.

**Long-Term Storage** - Persimmons can be frozen or dried. Freeze persimmons for year round use.



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## PERSIMMON SPINACH SALAD

### Ingredients


3 cups fresh spinach, washed  
3 medium persimmons, washed and sliced  
1/4 cup toasted pecans (optional)  
1/4 cup dried cranberries  
1 1/2 tablespoons olive oil  
3 tablespoons orange juice  
2 tablespoons rice vinegar  
1/2 teaspoon salt

### Directions

1. In a small bowl, combine oil, orange juice, rice vinegar and salt for the dressing.
2. In a large bowl, combine spinach, persimmons, nuts and cranberries. Toss salad with dressing and serve.



Learn more about **PERSIMMON** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php/food-persimmon>.

 Share your recipes!

#### Nutrition Info

|                  |               |
|------------------|---------------|
| Serving size     | 1 cup         |
| <b>Nutrients</b> | <b>Amount</b> |
| Total calories   | 70            |
| Dietary Fiber    | 0.7mg         |
| Total fat        | 8.2 g         |
| Saturated fat    | 0.5 g         |
| Sodium           | 125 mg        |

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