

SPOTLIGHT ON PRODUCE

WHAT AM I?

Pomegranates are tropical round fruit that have a dark red, purple or black thick skin. The only edible part of the fruit are the seeds, which are juicy and either tart or sweet tasting.

HOW DO I GROW?

Pomegranates like to grow in hot dry regions. Pomegranate trees can self-pollinate or be pollinated by insects.

NUTRITION FACTS

Pomegranates are high in phenols, tannins, folate, potassium and vitamin C and K.

FUN FACTS

Each pomegranate contains hundreds of edible seeds which can be eaten fresh or made into juice. When ripe, pomegranates will make a metallic sound when tapped.

POMEGRANATES

