

October 22, 2014



Persimmons – the Wonder Fruit  
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UCCE Master Food Preservers of El Dorado County

If olives are the mystery fruit, persimmons are the wonder fruit. Join the UCCE Master Food Preservers on Saturday, October 25, for a free class from 10:00 a.m. to noon to learn all about preserving persimmons, cranberries, and nuts. Please note that classes are now at the Bethell-Delfino Agriculture Building at 311 Fair Lane in Placerville. This will be our last class for the harvest season, so you don't want to miss out!

We generally see two types of persimmons and they differ in how to eat them and preserve them. Ripe Fuyus are firm, flatter, and eaten crunchy. Fuyus stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated. Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days. To ripen firm Hachiyas, place in a paper bag with an apple or banana, which give off ethylene gas, and ripens fruit. Hachiyas are more pointy in shape, and they must be very soft to eat them or your tongue will feel fuzzy! Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon, although you can eat the skin as well. They also are good air dried.

Persimmons are good for you! The orange persimmon has many antioxidants such as beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. One-half of a persimmon is 59 calories and contains 27 percent of the Vitamin A daily goal. Offer whole or quartered Fuyu (crunchy, flat) persimmons to your child as an after-school snack. Toss sliced Fuyu persimmons into salads or add to stir-fries. Add Hachiya persimmons to recipes for muffins, pies, and puddings. Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

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**Freezing Hachiya Persimmons for use in recipes:**

Use soft ripe fruit and freeze whole or pureed. To freeze whole, wash, dry, remove stem and freeze unwrapped on a tray. After completely frozen, pack in plastic bags. Best used within 3 months. To use, hold the frozen fruit under water and slip or rub off the skin. To freeze puree, wash and cut into sections. Process in a blender or food processor a few sections at a time. The fruit may be frozen without adding sugar to use later in your favorite recipe. One cup of sugar may be mixed with each 6 cups of puree. The puree may lose some color and flavor if not used within 6 months.

UCCE Master Food Preservers are available to answer home food preservation questions; leave a message at (530) 621-5506. For more information about the public education classes and activities, go to the UCCE Master Food Preserver website at [http://ceeldorado.ucdavis.edu/Master\\_Food\\_Preservers/](http://ceeldorado.ucdavis.edu/Master_Food_Preservers/). Sign up to receive our international E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on Facebook too (UCCE Master Food Preservers of El Dorado County)!