

# Persimmons

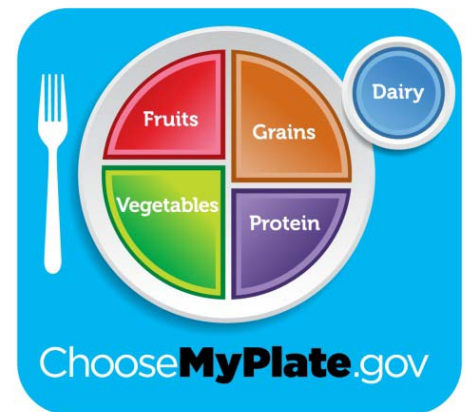
Today you will be offered Fuyu and Hachiya persimmons.

Persimmons grow on trees. Fuyu persimmons are round with flat bottoms. Hachiya persimmons are oval in shape. When ripe, both are soft and orange colored. Fuyu persimmons are eaten raw, usually sliced and peeled on salads. Hachiya persimmons are usually used in baking.

**Fun Fact:** The wood from persimmon trees is very heavy and hard, it was once used to make golf clubs.

**Body Benefits:** Persimmons are full of nutrients, like Vitamin A and manganese which help you grow strong.

Persimmons belong to the **red Fruits** section on *MyPlate*.



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