

Harvest of the Month



November



Pomegranates



Pick:

- Pomegranates should be heavy in size and free of cracks.
- Pomegranates vary in color from medium to deep red.

Store:

- Whole pomegranates can be refrigerated for up to 2 months or stored in a cool, dry place for several weeks.

Prepare:

- To use, fill a large bowl with water, submerge the pomegranate and cut it in half.
- Use your fingers to separate the seeds from the membrane. Discard everything but the seeds.
- Seeds can be stored for about one week in an airtight container in the refrigerator.

Nutrition Info

One cup of pomegranate seeds has 140 calories.

Pomegranates provide vitamins C & K, fiber, potassium, folate and copper.

Fun Facts

Ripe pomegranates will make a metallic sound when tapped!

Each pomegranate contains hundreds of edible seeds that are commonly called arils.

The pomegranate tree only bears fruit in a hot, dry climate.

Uses

Top your favorite salad with pomegranate seeds. Pomegranate seeds can also be used to make homemade salad dressing.

Pomegranate seeds are a great addition to rice and couscous dishes.

Sprinkle pomegranate seeds on top of oatmeal, pancakes, yogurt and waffles.

Family Friendly Activities

Encourage your child to assist with preparing the pomegranate by separating the pomegranate seeds from the membrane. Remember, pomegranate juice is likely to stain clothes!

Try a new recipe this week featuring pomegranates, such as pomegranate guacamole! (see reverse)

Nutrition Facts

Serving Size 1/3 (122g)
Servings Per Container 10

Amount Per Serving

Calories 160 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 13g **4%**

 Dietary Fiber 7g **28%**

 Sugars 5g

Protein 2g

Vitamin A 2% • Vitamin C 20%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pomegranate Guacamole

Serves 10 (1/3 cup per serving)

Ingredients:

- 4 medium ripe avocados, peeled, pitted & mashed
- 2 Tbsp. fresh lime juice
- 2 garlic cloves, minced
- 1 tsp. salt
- ½ medium red onion, chopped
- ¼ cup cilantro, chopped
- 1 jalapeno, seeded & chopped
- 1 medium pomegranate, seeded (about 1 cup of pomegranate arils)

Directions:

In a medium bowl, mash together the avocados, lime juice and garlic. Mix in salt, onion, cilantro and jalapeno. Gently stir in pomegranate arils. Cover and refrigerate at least 45 minutes to allow flavors to blend. Serve with chips or fresh veggies! Also makes a tasty topping for chicken or eggs!

Color a
Pomegranate!

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org!

