CHARACTERISTICS

- Pomegranates are round, reddish brown fruits that are in season during the winter months.
- The seeds are the only edible part of the fruit. They taste sweet and tart, similar to ripe cherries.
- Select pomegranates that are heavy, have a dark red color, and are firm to touch.
- 1 medium pomegranate contains:
  - 48% of your recommended daily value of vitamin C to help wounds heal and support your immune system
  - 45% of your recommended daily value of dietary fiber to help control blood sugar and lower cholesterol

PREPARE

Pomegranate juice can stain skin and clothes—be careful when preparing!
Rinse pomegranate and cut into four equal parts. Submerge sections in a bowl of water. Gently loosen seeds from the membrane. Repeat with each section.
Try pomegranate seeds:
- Raw as a delicious and nutritious snack
- As a topping to your favorite salads or meat dishes
- Sprinkled on top of yogurt or oatmeal

STORE

- Whole pomegranates can be stored at room temperature for up to 1 week or in the refrigerator for up to 2 weeks.
- Store seeds in an airtight container in the fridge for up to 5 days.
- To freeze seeds, store in a freezer safe plastic bag or container for up to 3 months.