

# POMEGRANATE

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CHICAGO  
- FOOD -  
DEPOSITORY.

## 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.