



Harvest of the Month

Sumac

Calories 0
Total Fat 0g
Sodium 0mg
Sugars 0g
1/4 tsp

FUN FACTS:

Sumacs are small shrubs/trees. The culinary sumac is grown in the Mediterranean (like Sicily), Turkey and Iran.

The dried fruits of some species are coarsely ground into a reddish-purple powder and sold as a spice. It adds a tart, lemony taste to salads and meats.

Sumac is an essential spice in Mediterranean, Israeli, and Moroccan food. It is added to meat rubs, marinades and dressings. Sumac is at its best when sprinkled over a finished dish just before serving.

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The Persimmon ~ A Sweet, Delicious Fruit

Persimmons are in season from September to December. Persimmons originated in Asia and are now grown in the U.S. Diospyros kaki, known as the Asian persimmon, is the most widely grown. It has two popular varieties: Fuyu and Hachiya.

- **Fuyu Persimmons** (non-bitter): Are sweet and can be eaten while still slightly firm. They are squatty in appearance, almost looking like a tomato.
- **Hachiya Persimmons** (bitter): Are sweet only when very ripe or overripe and have a bright red orange color. They look like an acorn with a pointy bottom.

When a persimmon is fully ripe it tastes sweet, mild and rich. Its texture is like an apricot and its skin is tougher than an apple.

You can eat the whole persimmon, skin and all or just scoop the insides out. Persimmons are rich in Vitamin A, C, B6, and manganese. They are also good source of fiber. It is best to eat the persimmons raw if you want to get the most nutritional value.

Some experts say persimmons may promote heart health, reduce inflammation, support overall eye health, and keep your digestive system healthy.

With all the benefits persimmons have to offer, you should try one today!

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HARVEST OF THE MONTH RECIPE—DECEMBER

Persimmon Goat Cheese Kale Pasta

Yield: 4 servings

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| 4 | Fuyu persimmons, peeled, cored, cut into wedges |
| 1/2 | red onion, thinly sliced |
| 6 oz | mushrooms, thinly sliced |
| 3 Tbs | olive oil |
| 1/2 tsp | kosher salt |
| 8 oz | kale, julienned, no stems |
| 8 oz | penne pasta (dry) |
| 4 oz | goat cheese crumbles |

Preheat oven to 375°F.

In a cast iron skillet, place persimmons, onions and mushrooms with olive oil and salt. Roast in oven for 25 minutes.

While this is in oven, cook pasta per package directions.

Take skillet out of oven and fold in kale and wilt. Toss cooked pasta with mixture and top pasta with goat cheese.

Serve and Enjoy!

RECIPE NUTRITION SNAPSHOT ~ 1 serving

410 calories, 15g total fat, 7.5g saturated fat, 0g trans fat, 29mg cholesterol, 350mg sodium, 51mg carbohydrate, 5g fiber, 19g protein

