Harvest of the Month

Persimmons

Over 6,000 students in Western Nevada County will sample Fuyu Persimmons from Pearson Family Orchard this month through Harvest of the Month brought to you by Community Roots!



Meet our Farmer

Our multigenerational family farm started when our parents purchased an alfalfa field in Arboga in 1955. They worked hard over the years, planting an orchard including prune, peach, nectarine, walnut and persimmon trees while raising 4 children. For over 30 years our father, Jim, worked in the Pomology Department at UCDavis specializing in the study of fruit tree nutrition during the day and working in his orchard nights and weekends. Due to this research, he became an early adopter of micro-sprinkler irrigation and low-till farming. Mom started selling fruit at local farmers markets over 35 years ago. Now that the day-to-day operations have shifted to the next two generations, we are happy to continue attending the weekly farmers market to share tree-ripened, nutritious and delicious fruit with our community.

Did you know?

- Ancient references to the persimmon as "food for the gods" led to its classification in the genus Diospyros- "Dios" means God; "pyros" means grain or food.
- English word "persimmon" is derived from the Powhatan Algonquian language of the eastern United States meaning "dry fruit."
- Persimmons are a fantastic source of vitamins A and C, as well as fiber, lycopene, beta-carotene, and other antioxidants that help to boost the immune system.
- Like the tomato, the persimmon is botanically a berry even though it isn't in culinary use.

Hey Teachers!
This QR code takes you to the feedback form, if you have the time

COMMUNITY ROOTS
Nevada County

Let's Learn More!

History and Culture

- Persimmons originated in China and made their way to Japan more than a thousand years ago where they are now the National Fruit.
- The art of hoshigaki — hand-dried persimmons — is part of traditional Japanese New Year's celebrations.
- Commodore Perry brought persimmon seeds to the United States from Japan after his 1850s expedition.
- At least 500 different persimmon varieties were brought to California during a major planting spree from 1870 to 1920.
- The persimmon species D. virginiana (American persimmon) is native to North America, mostly on the East Coast. While it was a food staple of early Native Americans, the species today accounts for less than 1 percent of the country's total crop production.
- In Ozark and Appalachian folklore, the severity of the upcoming winter is said to be predictable by slicing a persimmon seed and seeing whether it is shaped like a knife, fork, or spoon within.
- In Korean folklore the dried persimmon has a reputation for scaring away tigers.
- During the Civil War, when coffee was scarce, seeds from the American persimmon were sometimes roasted and ground up as a coffee substitute.





Types of Persimmons

There are two major varieties of persimmons currently cultivated: Fuyu and Hachiya. Fuyus are shaped liked a slightly flattened apple and can be eaten when firm and crunchy. Hachiyas are longer and usually larger, and should be eaten when completely soft and translucent. If eaten even slightly under-ripe, the astringent Hachiyas will make your mouth pucker or feel dry, but when ripe they are sweet and delicious.The Hachiya variety was the most popular persimmon for the first half of the 20th century but has been replaced by the Fuyu variety in the years since.



community ROOTS
REAL FOOD. REAL GROWTH.

Our Vision: Nourishing Nevada County students with fresh, locally sourced meals, fostering health, sustainability, and community well-being.

Learn more at **www.communityrootsnc.org**

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