

All About PERSIMMONS



A persimmon is botanically a berry that comes from the edible fruit trees in the genus, Diospyros. The most common species is Diospyros kaki, also known as Asian or Japanese persimmon. It has two popular varieties: Hachiya and Fuyu. Persimmon fruit matures from autumn to winter. In color, the ripe fruit range from glossy light yellow-orange to dark red-orange depending on the species and variety. There are astringent and non-astringent varieties. When softened, persimmons have a sweet and delicate flavor.

Health Benefits

Persimmons are rich in dietary fiber and many nutrients such as manganese, beta-carotene, vitamin C, and iron. Persimmons are fat-free and are a good source of healthy carbohydrates and natural sugar. Including more fruits and vegetables in your daily diet will help maintain heart health, vision health and healthy immune systems.

Culinary Uses

Persimmons can be eaten fresh and whole like an apple in bite-size slices and may be peeled. Ripe persimmons can also be eaten by removing the top leaf, breaking the fruit in half, and eating from the inside out.

In Asian countries, after harvesting, persimmons are prepared using traditional hand-drying techniques outdoors for two to three weeks. The fruit is then further dried by exposure to heat over several days before being shipped to market, to be sold as dried fruit.

In Japan a persimmon leaf tea (Kaki-No-Ha Cha) is made from the dried leaves of “kaki” persimmons.

An American classic, persimmon pudding is a baked dessert made with fresh persimmons that has the consistency of pumpkin pie but resembles a brownie and is almost always topped with whipped cream.

Fun Facts

An annual persimmon festival, featuring a persimmon pudding contest, is held every September in Mitchell, Indiana.

In 2018, China produced about two-thirds of the world total of persimmons.

In the United States most domestic commercial production of persimmons is centered in California.

Persimmons are the national fruit of Japan.

According to folklore, the shape of the inside seed predicts the winter weather to come.