

Persimmon

Originally found in China and Japan, persimmons have been in the United States since the 1880's. Ripe persimmons can be eaten out of hand and are made into pies, sherbets, cakes, jams, puddings, and chutney. Persimmons are rich in fiber and are a good source of vitamin A and C .

Fuyu Persimmon

Fuyu persimmons have a reddish-orange skin and soft flesh. Ripe fruit offers a spicy-sweet flavor and is tannin-free. The flavor is compared to a blend of mango and papaya. This variety can be eaten peeled or with skin on and can have an apple-like crunch.



Hachiya Persimmon

Hachiya is recognized by a heart-shaped fruit, papery leaves, and a shiny skin that is bright orange. The Hachiya variety must be fully ripe for best flavor. As the fruit ripens, the skin becomes dull and has the texture described to that of a water balloon or "mushy". Try cutting the calyx off and eating the inner fruit with a spoon.

