

Harvest of the Month



Network for a Healthy California
November

The Harvest of the Month featured fruit is **persimmons***

*There are two main varieties of persimmons grown in California.



Hachiya



Fuyu

Produce Tips

- Look for bright orange and red-colored fruits with smooth skins and leaves still attached.
- Ripe Fuyus are firm and can keep up to three weeks at room temperature. For longer storage, keep refrigerated.
- Fully ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store on counter at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.
- Hachiyas are most commonly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:

www.fruitsandveggiesmatter.gov/month/persimmons.html

Health and Learning Success Go Hand-in-Hand

Physical activity is just as important as healthful eating when it comes to success in the classroom. Students who are physically active and fuel their bodies with fruits and vegetables perform better and have improved memory function. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a variety of colorful fruits and vegetables.

PERSIMMON & SPINACH SALAD

Ingredients:

(Makes 6 servings at ½ cup each)

- 3 cups spinach, washed**
- 3 medium Fuyus, sliced**
- ¼ cup dried cranberries**
- 1½ tablespoons olive oil**
- 3 tablespoons 100% orange juice**
- 2 tablespoons rice vinegar**
- ½ teaspoon salt**

1. In small bowl, combine oil, orange juice, rice vinegar and salt for dressing. Chill in refrigerator.

2. In large bowl, combine spinach, persimmons and cranberries.

3. Toss salad with dressing and serve.

Variation: Top with grilled chicken breasts (sliced).

Adapted from: www.lapublichealth.org/nutrition

Helping Your Child Eat Healthy

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add into stir-fries.
- Add Hachiya persimmons to holiday recipes like muffins, pies and puddings.
- Ask your child to tell you three health benefits of eating a variety of colorful fruits and vegetables every day.

Nutrition Facts

Serving Size: 1 medium persimmon (168g)

Amount per Serving	
Calories 118	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	
Vitamin A 55%	Calcium 1%
Vitamin C 21%	Iron 1%
Source: www.nutritiondata.com	

Let's Get Physical!

- Start the day with a brisk 10 minute walk with your child to warm up your bodies and minds.
- Set aside 20 minutes after school for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- Unwind in the evening by doing stretches with your child.
- Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:

www.verbnow.com

How Much Do I Need?

A serving of persimmons is one medium-sized fruit. This is about the size of a baseball. Eating a variety of colorful fruits and vegetables each day will help you and your child reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

