

Harvest of the Month



Network for a Healthy California

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



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of persimmons is an excellent source* of vitamin A and a good source** of vitamin C and fiber. Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep your skin healthy.

*Excellent sources provide at least 20% Daily Value.

**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.



Fuyu persimmons make a great fast food. Just slice and enjoy.



Chopped Fuyu persimmons make a sweet topping for green salads.



Shopper's Tips

- Look for bright orange and red-colored persimmons with smooth skins.
- Fuyu persimmons are pumpkin-shaped, sweet, and can be eaten fresh. Ripe Fuyus should feel firm. Keep ripe Fuyus at room temperature for up to three weeks. Or, put in the refrigerator for up to two months.
- Hachiya persimmons are acorn-shaped, tart, and usually cooked to eat. Ripe Hachiyas should be very soft. Keep ripe Hachiyas at room temperature for up to four days.

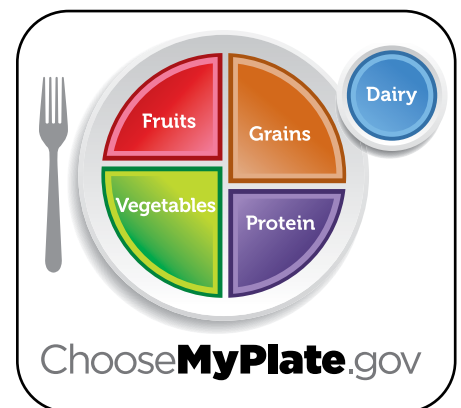
Let's Get Physical!

Fall is a great time to set fitness goals. Make a plan to add 10-20 minutes of activity to each day. Give it a try for at least three weeks. Once you accomplish that goal, set a new goal to increase the intensity of your activity.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net