

Tips For Buying And Eating

Persimmons

For Pregnant Women



Pick wisely



Avoid persimmons with bruises or punctures. Instead, find the most symmetrical ones.

Look for black staining

Persimmons with a black streak on the skin can be sweet. So, don't hesitate to buy them.



Use Fuyu for salads



Fuyu is the squat persimmon and can be eaten when firm or soft. It's crunchy, sweet, and ideal for salads.

Eat Hachiya when ripe

The Hachiya persimmon has a heart-like shape. It is very astringent, so eat it when it's very ripe.



Store wisely



Store both varieties of persimmons at room temperature. Refrigerating will cause chill damage.

Eat as a mid-morning snack

Eating persimmons on an empty stomach can cause nausea. Have it as a mid-morning or evening snack.

