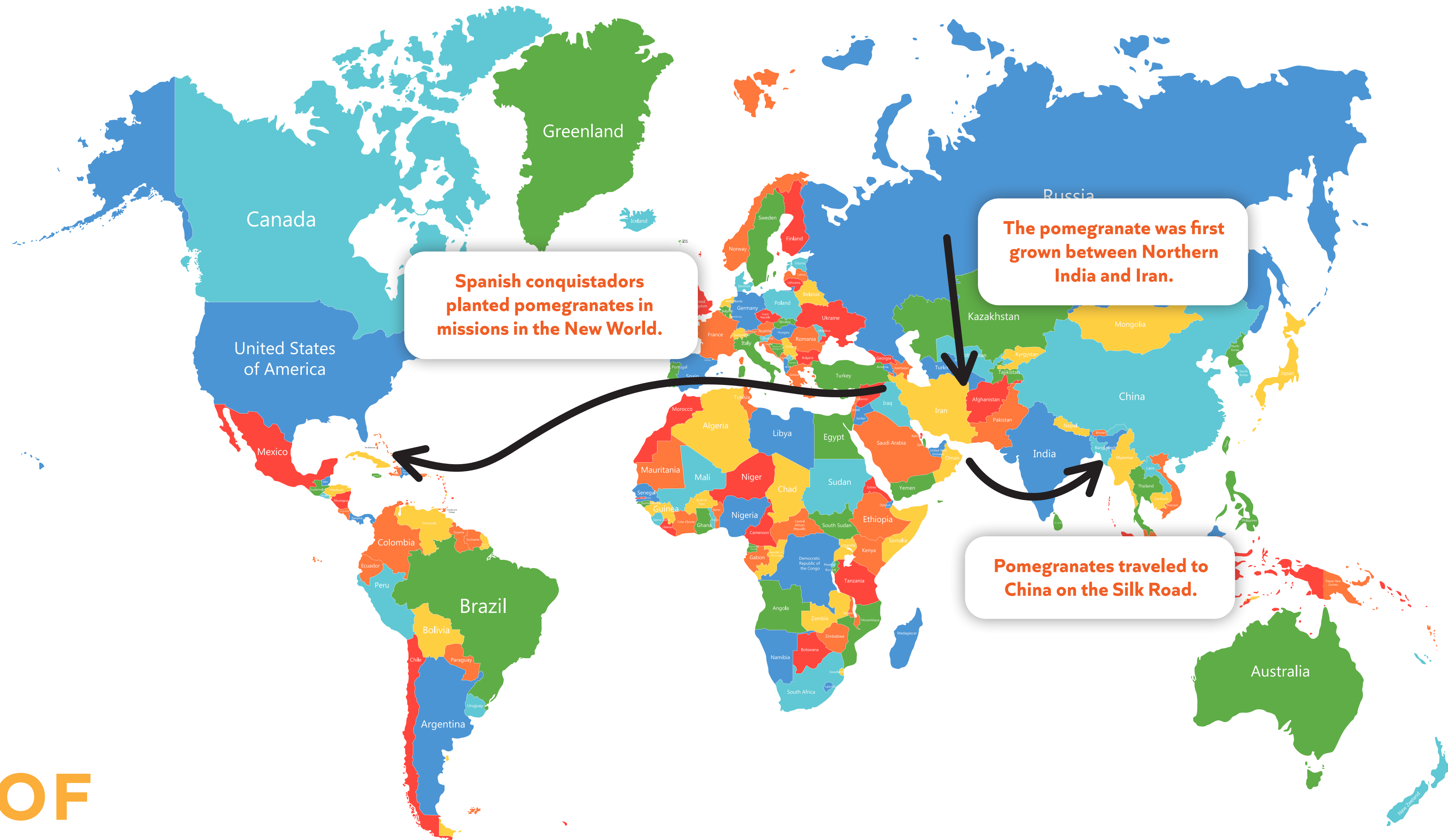


HARVEST OF THE MONTH:

Pomegranate






HISTORY OF Pomegranates



Pomegranates grow on trees in warm climates. The fruit takes 6-7 months to mature.

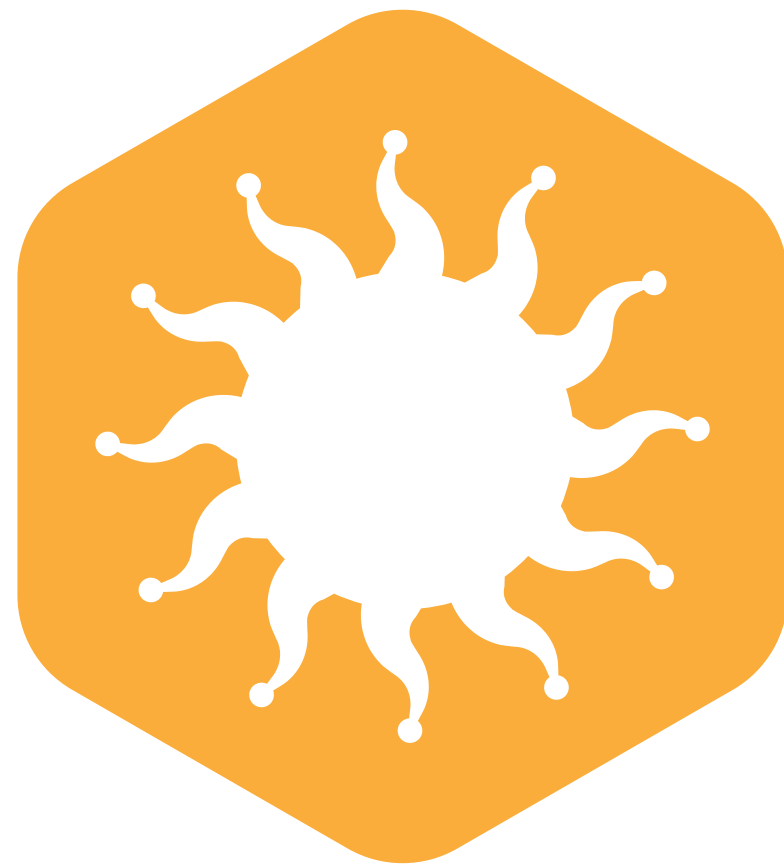


After pollination, the pomegranate flower swells to become the pomegranates we eat.



HOW DO POMEGRANATES GROW?

WHAT SEASON DO WE PICK GRAPES?



SUMMER



AUTUMN



WINTER



SPRING

In the Southern Hemisphere pomegranates are harvested during the spring and early summer months.

WHY SHOULD WE EAT GRAPES?

Antioxidants



**Healthy immune system
(prevents colds)**



Healthy eyes



**Contains vitamin
K – heals cuts**



**B Vitamins
(Healthy bodies,
cell metabolism)**



HOW DO YOU PICK A GOOD POMEGRANATES?

- Pomegranates are harvested when they are ripe.
- The pomegranate should be brightly colored and shiny.
- The skin of the pomegranate should cling to the many seeds inside.



FUN FACT: There are about 600 arils, or seeds inside each pomegranate.



LET'S TRY SOME
Pomegranates!

