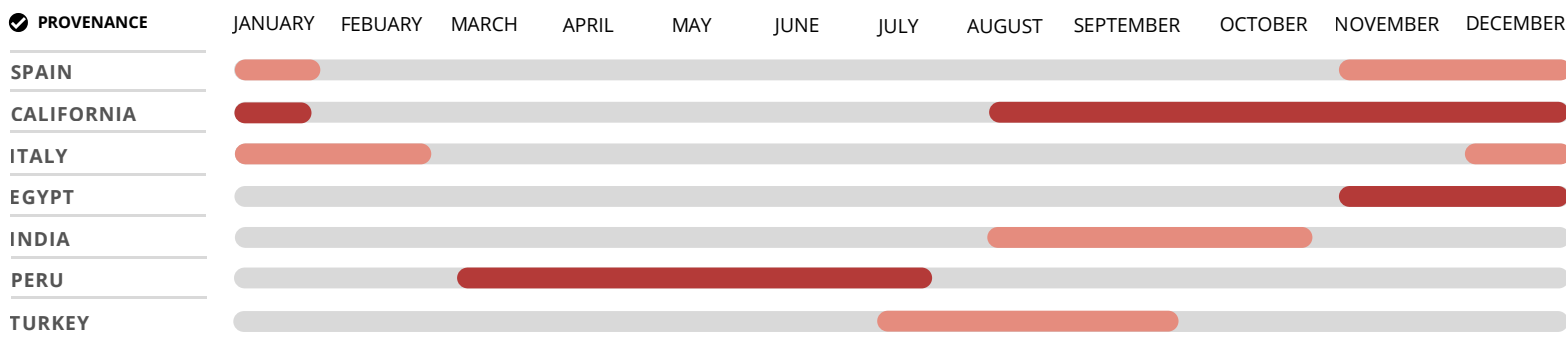


POMEGRANATE



The pomegranate is the fruit of the pomegranate tree, native to Asia. The pomegranate has been cultivated for several centuries. There are 1200 varieties of pomegranates cultivated either for their flowers or their fruits. However, the most popular varieties are the Wonderful in Israel, the Mollar and Tendrar in Spain, and the Hicaz in Turkey.

AVAILABILITY AND PROVENANCE



TARGET CUSTOMER: JEWISH & ARAB

OPTIMAL TEMPERATURE FOR CONSERVATION

7 - 10 °C

PURCHASE GUIDE

Look for a pomegranate that is heavy for its size. Its bark should be smooth and shiny, and scars on the bark don't affect quality.

CONSUMPTION

The pomegranate is more often eaten raw. Simply cut it and to detach its small grains. It is delicious in desserts or salads, in coulis, juices or smoothies.

NUTRITIONAL VALUE

The pomegranate is composed of 70% water. It is a good source of vitamins B & C, antioxidants and fibers which aids digestion.

