



## Apple-Persimmon Smoothies

By Erin Fletter

**Prep Time** 10 / **Cook Time** / **Serves** 4 - 6

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

## Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board + kid-safe knife
- ☐ Grater
- ☐ Liquid measuring cup
- ☐ Measuring spoons

## Ingredients

### Apple-Persimmon Smoothies

- ☐ 2 persimmons
- ☐ 1 apple, quartered
- ☐ 2 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- ☐ 1/2 C orange juice

- ☐ 1/4 tsp cinnamon
- ☐ 1 T honey, agave, maple syrup, or 1 big pinch of stevia
- ☐ 2 C ice

## Food Allergen Substitutions

### Apple-Persimmon Smoothies

**Dairy:** Substitute dairy-free/nut-free milk.

## Instructions

### Apple-Persimmon Smoothies

#### chop + grate

Have your children wash **2 persimmons** and **1 apple**. There's no need to peel the fruit (extra nutrition and fiber is in the skin of the fruit!). Have kids core and roughly chop or grate the fruit, and add it to your blender (or pitcher with use of an immersion blender).

#### measure + blend

Have kids take turns measuring **2 cups milk**, **1/2 cup orange juice**, **1/4 teaspoon cinnamon**, **1 tablespoon honey**, and **2 cups ice** into your pitcher. Blend with your immersion blender while you count to 5 in Hebrew: 1 echad (ehkahd), 2 shtaim (shtime), 3 shalosh (shah-lohsh), 4 arba (ahr-bah), 5 hamesh (hah-mesh).

#### pour + serve

Pour the smoothies and serve. "L'chaim" (leh-HYME), meaning "To life" or "Cheers" in Hebrew!

## Featured Ingredient: Persimmon!

Hi! I'm Persimmon!

"I have a lot of contradictions. I resemble a tomato, but I'm orange, and I grow on a tree, not a vine! Botanically, I'm a berry, but I'm often eaten like an apple! I'm told I taste like an apricot or cantaloupe and have a sweet, honey-like flavor."

### History & Etymology

The Chinese, Japanese, or fuyu persimmon (*Diospyros kaki*) is native to China, Northeast India, and

Indochina. It was domesticated and grown in China more than 2,000 years ago. It eventually made its way to other Asian countries and was then introduced to Europe, North America, and Latin America in the 1800s.

The American persimmon (*Diospyros virginiana*) is native to the United States. It was cultivated by Indigenous Americans thousands of years ago.

China produces the most persimmons in the world, about 77 percent, followed by South Korea and Japan.

The English word "persimmon" comes from the early 17th century, an alteration of the Powhatan "pessemmin" (an Algonquian language).

## Anatomy

Persimmons are an edible tree fruit of the *Diospyros* genus and the Ebenaceae (Ebony) family. *Diospyros kaki*, or Asian persimmon, is the most widely cultivated species.

The deciduous tree grows to an average of 33 feet tall. It has medium to dark green leaves. In the Northern Hemisphere, flowers bloom from May to June, and when most of the leaves have fallen during October and November, the tree's round fruit should be ripe.

Several selected cultivars of the persimmon exist. Some are astringent (acidic and bitter), and some are non-astringent.

One of the astringent species is the heart-shaped Japanese "Hachiya." It must be fully ripe before eating, as the unripe fruit is high in tannins, which causes an astringent (puckering) and bitter taste. It is also softer to eat when ripe.

Non-astringent persimmons, like the fuyu persimmon, can be eaten when their flesh is firm and crisp, like an apple.

## How to Pick, Buy & Use

The Fuyu and other non-astringent persimmons are ready to eat when they are firm and bright orange.

They can also be left to soften a bit before eating.

The Hachiya and other astringent persimmons are ready when they feel full and ready to burst, are a deep orange-red, and have a soft, almost mushy texture. They will ripen at room temperature.

Fresh Fuyu persimmons can be eaten whole or sliced. They can also be sliced and added to salads or baked goods, or cooked with roasted meats.

The soft, jelly-like pulp of a ripe Hachiya persimmon can be scooped out of the fruit's skin to eat or add to baked goods.

Both Fuyu and Hachiya persimmons can be frozen, which softens the flesh. Slice off the top of the fruit and scoop out the custard-like pulp to eat or add to a recipe.

## Nutrition

Persimmons are high in beta-carotene and vitamin A. They contain 55 percent of the daily value of vitamin A, which supports cell growth, eye health, and immune function. They have 73 percent of the DV for vitamin C, an antioxidant, which helps prevent cell damage and promotes wound healing. Persimmons are also a good source of antioxidants, like the carotenoids lutein and zeaxanthin, which are beneficial for eye health.