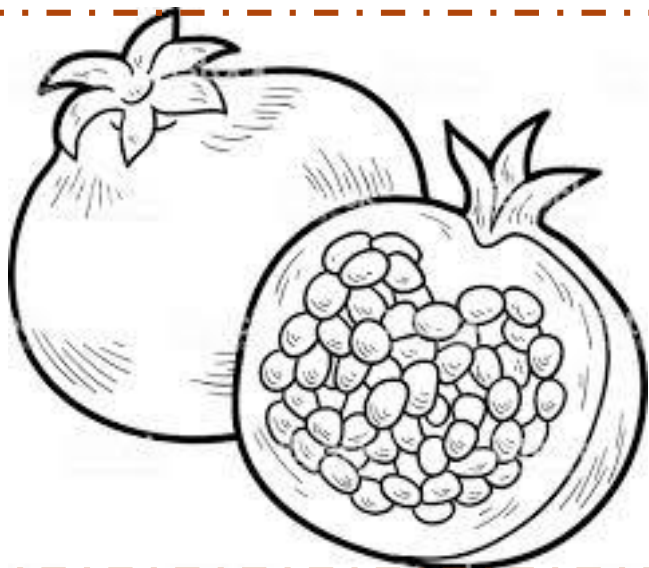


POMEGRANATE



Pomegranates are grown on trees. They are native to the Middle East and some Asian countries, but they can also be produced in the United States. The majority of Pomegranates are grown in California. They're in season from September to November, but their long shelf life means you can usually find them in grocery stores until January.



A Pomegranate is a sweet, tart fruit with thick, red skin. While the skin is not edible, it holds hundreds of juicy seeds.

Pomegranates are rich in vitamins B and C as well as antioxidants, potassium, protein, carbohydrates and fiber.

