

# In The Garden

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## Pomegranate

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The pomegranate is a fruit-bearing shrub or small tree that can grow up to 20 feet high. It has many branches, which also have sharp thorns. The pomegranate is extremely long-lived, up to 200 years in some locations.

The unusual large flowers are bright red and attract bees and hummingbirds.

The fruit is the size of an orange and has thick reddish skin. The number of seeds in a pomegranate can vary from 200 to 1,400.

The seeds are the edible tasty part of the pomegranate. The fruit is usually in season between September and November. The pomegranate has a unique flavor and is rich in vitamins and antioxidants. The taste differs slightly depending on the variety, but most pomegranates taste somewhere between sweet and sour.



### History of the Pomegranate

The pomegranate has been around for thousands of years. It's native to a region near modern-day Iran, Afghanistan, Pakistan and northern India. The name pomegranate comes from the Latin words *pōmum* "apple" and *grānātum* "seeded."

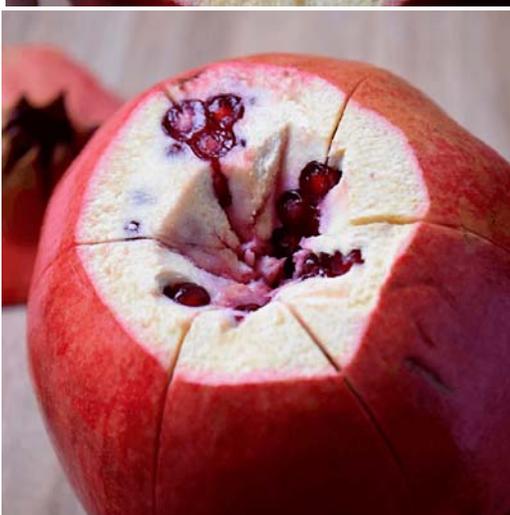
Ancient Egypt regarded the pomegranate as a symbol of prosperity and ambition. They also used it as a treatment for some infections.

Granada, Spain was named after the pomegranate in the 8th century.

Today, the pomegranate is widely cultivated throughout the Middle East, Africa, South Asia, Central Asia, the drier parts of southeast Asia, and other areas around the Mediterranean. It is also cultivated in Arizona and California.



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## How to remove pomegranate seeds

### Instructions:

1. Rinse the pomegranate under running water.
2. With a sharp paring knife cut off the end of the pomegranate.
3. Make a few angular 1/2 inch cuts in the white membrane located in the center of the fruit. Gently remove this white section.
4. Score the exterior of the pomegranate along the "ridges" from the crown to the base.
5. After scoring all ridges, gently pull the pomegranate open. The pomegranate should pull apart in sections.
6. Detach each section and begin to gently pop the seeds in a bowl. Discard the white membrane.
7. Enjoy seeds as they are or add them to your favorite dishes for an added zesty sweet crunch.

**Enjoy Pomegranates by themselves or add them to salads, desserts or cooked dishes for extra zing and crunch.**



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