

FRESH IN  
SEASON

# Pomegranate



Pomegranates are round and firm and about the size of an orange. They have a crown top and leathery pinkish or purplish red skin. Inside the pomegranate are hundreds of seeds, each surrounded by a tiny translucent sac filled with sweet-tart juice.

## Highlights

Eat as is, add to salads and dips, or sprinkle on yogurt, waffles and, desserts.

Pairs well with eggplants, cheese, and shrimp.

Choose pomegranates that are heavy for their size and brightly colored.



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