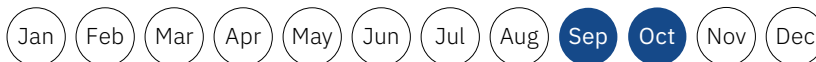


Healthy Harvest: Cultivating Local and Seasonal Flavors

PERSIMMONS

Botanical Name: *Diospyros kaki*

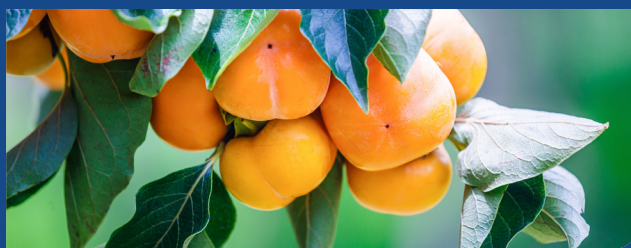


● In season September to October

How It Grows

Prefer full sun, well-drained soil, and regular water. Trees take several years to bear fruit and can be 20-30 feet tall.

For gardening information, visit [UF/IFAS Gardening Solutions](https://ask.ifas.ufl.edu/topics/persimmons).



Nutrition

Excellent source of dietary fiber, potassium, and vitamin A.



Taste and Texture

When fully ripe, astringent varieties are honey-sweet and rich, with a silky and mushy texture. Non-astringent varieties are mildly sweet, with a crisp, apple-like texture.



Cooking Ideas

Persimmons can be enjoyed raw, cooked down into a jam, dried, or fermented. Astringent varieties are typically eaten raw when ripe and mushy.



Prep Instructions

For non-astringent varieties, rinse, remove calyx, and slice like an apple. Skin can be eaten or peeled. Astringent varieties must be sufficiently ripened before eating.



Waste Reduction

In most cases, skin is palatable. Refrigerate to prevent astringents from going bad quickly — eat right away if ripe. Purée and freeze to save for later use. Can also be dried or fermented.



Resource

Persimmons (Ask IFAS)
<https://ask.ifas.ufl.edu/topics/persimmons>



Region of Origin

East Asia



Fun Fact

There is a Japanese cultural tradition of hand-drying persimmons over a few weeks to produce a rich and sweet product called *hoshigaki*.



Storage Tips

Astringents: If ripe, eat immediately. Can store in fridge for few days if not quite ripe. Can also be frozen. Non-astringents can store for a few weeks at room temperature, and longer in fridge.



Shelf Life

Keep for a few days in fridge if not quite ripe, a month if hard at harvest. Once ripe, need to be eaten quickly. Frozen purée can keep up to a year.



FCS3410: Healthy Harvest:
Florida Fruit and Nut Crops
edis.ifas.ufl.edu/publication/FY1553

An Equal
Opportunity
Institution.