

# Harvest of the Month

## Pomegranate

Calories  
**72**

Total Fat  
**1g**

1/2 c  
arils

Sodium  
**3mg**

Sugars  
**12g**

### FUN FACTS:



**Heart  
Healthy!**

Pomegranates grow on trees and are about the size of a large orange. When you eat a pomegranate, you are consuming one of the oldest fruits in the world!

India and Iran are the largest producers. In 1769, Spaniards brought pomegranates to California.

Pomegranate seeds, which are imbedded in a white spongy pulp, are called arils. Arils are sweet and juicy. Try them by themselves, in a green salad, on your oatmeal or yogurt, or in your smoothie.

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