Eat Persimmons

Snack Tip:
Slice a Fuyu persimmon like an apple and top with a slice of cheese.

Produce Tip:
Hachiya persimmons are jelly soft when edible and used in baking.

Health Tip:
Excellent source of Vitamin A to keep your skin healthy.

Network for a Healthy California Harvest of the Month

Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. For food stamp information, call 225-5767 or visit www.shastahhsa.net.

CHAMPIONS for CHANGE
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