

Pomegranate

What you have are the seeds from inside the fruit. You can eat the whole seed! (they will be crunchy with a juicy flesh around them)

Nutrition:

- **Pomegranates are pack full of all the antioxidants. Basically, in everyday life the cells in our body get damaged and destroyed. Antioxidants help restore them and make them healthy again!**
- **Pomegranates help keep your brain healthy and improve your memory too.**

Did you know?

- **The whole fruit is round, the size of an apple, red, and one end has what appears to look like a crown on it.**
- **Pomegranates are some of the oldest fruit. It was cultivated in Egypt and India.**
- **The name comes from the French, *pome grenate*, literally translated to “apple with many seeds”.**
- **Traditionally the fruit and seeds were valued for their culinary use by people from India to the Mediterranean region, and they symbolize abundance, fertility, and good luck.**

More:

- **Pomegranate fruits are available in the grocery store in fall and winter. Pomegranates can be stored in the refrigerator for up to 2 months.**
- **You will need an adult to cut the fruit open, then scoop the seeds out to eat! Follow [this link](#) for a video showing how to seed the whole fruit!**

