



Give Them More
of the
Good Stuff!

Pomegranate Basics



Shop and Save

✿ Pomegranates are usually harvested between August and November. They are often available fresh from October through January.

✿ Choose pomegranates that are mostly round and heavy for their size. The skin should be shiny, firm and unbroken. Avoid any with cracks, bruises or soft and wrinkly skin.

✿ Pomegranate arils (seed and juice together) are available fresh or frozen in some grocery stores.

✿ Packaged arils cost more than whole pomegranates.

✿ Pomegranate juice or juice blends are also available. Check the Nutrition Facts label for juices with no added sugar.

Pomegranates are a good source of fiber and are rich in antioxidants that protect our health.



Parts of a Pomegranate



Store Well Waste Less



- Store pomegranates at room temperature in a dark and dry place for up to one week. Refrigerate in a container with airflow for two to three months.
- Refrigerate arils or juice for up to five days.
- Freeze juice or arils in airtight labeled containers for up to one year. For arils, first freeze on a baking sheet, then transfer to a freezer container.

How to Seed a Pomegranate

Pomegranate juice stains—cover up and clean spills quickly.



1. Rinse the pomegranate under running water before starting.
2. Fill a large bowl with about 4 inches of water.
3. With a small knife, cut a 2-inch circle around the calyx, just deep enough to cut through the skin. Remove the cut piece to show the inside white membrane.
4. Cut along the white membranes that divide the pomegranate into sections.
5. Break the pomegranate into sections with your hands.
6. Hold the sections over the water and use your thumbs to gently remove the arils. The arils will sink and the white membranes will float.
7. Skim off the white membranes and drain the arils for eating.



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Enjoy Pomegranates

Pomegranate Vinaigrette

Ingredients:

- 1/2 cup **pomegranate arils** (fresh or frozen)
- 1/3 cup **vegetable oil** (try olive oil)
- 1 to 2 Tablespoons **honey** or agave syrup (see **Notes**)
- 1 Tablespoon **lemon juice**
- 1 Tablespoon **vinegar** (try white wine or apple cider)
- 1/2 teaspoon **mustard** (try Dijon)
- 1/4 teaspoon **salt**
- 1/4 teaspoon **black pepper**

Directions:

1. Wash hands with soap and water.
2. Put all ingredients in a blender container. Blend until smooth.
3. Refrigerate until serving. Use to dress any salad or drizzle on roasted vegetables such as Brussels sprouts, cabbage or cauliflower.
4. Refrigerate leftovers within 2 hours.

Notes:

- ❁ No pomegranate arils? Use 1/4 cup 100% pomegranate juice or fresh or frozen raspberries.
- ❁ Honey is not recommended for children under 1 year old.

Makes 3/4 cup

Prep time: 10 minutes

Pomegranate Smoothie

Ingredients:

- 1 cup **cold water**
- 1/2 cup **pomegranate arils** (fresh or frozen) or 100% pomegranate juice
- 1 cup chopped **red cabbage** (lightly packed)
- 1 1/2 cups **fruit** (see **Notes**)
- 2 Tablespoons ground **chia seeds** or ground flax seeds (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse fresh fruits and vegetables under running water before preparing.
3. Place ingredients in a blender container in the order listed.
4. Blend until smooth and serve.
5. Refrigerate or freeze leftovers within 2 hours.

Notes:

- ❁ Try a mix of fruit such as berries and pineapple.
- ❁ For a thick and frosty smoothie, use frozen fruit or add some crushed ice.
- ❁ No red cabbage? Try green cabbage or a leafy green such as spinach.
- ❁ For more protein, add yogurt, dry milk powder or protein powder.

Makes 3 cups

Prep time: 10 minutes

Go to FoodHero.org for other delicious and healthy recipes.



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ remove arils from a pomegranate.
- ❁ rinse fresh fruits and veggies under cool running water.
- ❁ measure ingredients and add to a blender.
- ❁ blend ingredients after the lid is on tight.