





### **Selection:**

Choose pomegranates that are heavy for their size, round, and plump. Avoid pomegranates with blemished skin.

# Storage:

Store unwashed pomegranates in a resealable plastic bag in the refrigerator for up to 2 months, or in a cool, dark place for up to 1 month. Pomegranate seeds can be stored in an airtight container in the freezer for up to 3 months.

**Cool, dark place:** Up to 1 month **Refrigerator:** Up to 2 months **Freezer (seeds):** Up to 3 months

Use:

Rinse pomegranates thoroughly before preparing. Cut off the crown end (top). Make 5 evenly spaced, shallow cuts from the top to the bottom, without completely cutting through the pomegranate. Immerse in a bowl of water for 5 minutes. Hold under water and break apart the sections separating the seeds from the juice and membrane (flesh). The seeds will sink to the bottom of the bowl, but the rind and membrane will float. The membrane is edible and can be kept or discarded along with the rind. Pour seeds into a fine strainer, drain, and pat dry.

Pomegranates are best eaten raw.



**Digital Scale:** The number on the screen = Total Weight



Hanging Scale: The number the arrow is pointing to = Total Weight

# **Buying:**

Pomegranates can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the pomegranate you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

#### **Total Weight (lbs) x Price = Cost of Pomegranate**

Use this table to find the total cost.

**Example:** What is the total cost for 1.5 lbs of pomegranate at

1.49 per lb? 1.5 lbs x 1.49 = 2.24

Price	10. 1.5 1	<b>33 Α Ψ1.</b> 4.	<i>y</i> = ψ <b>2,2</b> -			
per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.



#### 1/2 medium Pomegranate

Ca	lories fr	om Fat 15			
	%	Daily Value			
Total Fat 2g					
Saturated Fat 0g					
		- 13			
Cholesterol 0mg					
Sodium 0mg					
Total Carbohydrate 29g					
Dietary Fiber 6g					
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Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ½ medium pomegranate. All pomegranates are not the same size, but you can use this to estimate the nutrition content for a smaller or larger pomegranate.



### Pomegranate & Banana Salad

Preparation Time: 45 minutes Serves 4

Cups of Fruit per Serving: 11/4

#### **Ingredients:**

- 2 limes, juiced or ¼ cup lime juice
- 1 tablespoon brown sugar
- 2 pomegranates, chilled
- 4 bananas

#### **Preparation:**

- 1.) Mix together the lime juice and sugar.
- 2.) Remove the seeds from the pomegranate and mound in the center of 4 salad plates.
- 3.) Peel and slice the bananas.
- 4.) Place the banana slices around the perimeter of the pomegranate seeds on each plate.
- 5.) Drizzle each will the prepared lime dressing and serve.

#### **Nutrition Information per Serving:**

Calories 170, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Carbohydrates 44 g, Dietary Fiber 4 g, Protein 2 g.

