

# POMEGRANATES



## What are these strange fruits?

Pomegranates are an extremely healthful (and delicious) fruit that grow in mediteranean climates like San Luis Obispo.

## What do they taste like?

Pomegranate arils (the “seed-like” edible parts of the fruit) are very sweet, and slightly tart.

Fun Fact: Grenadine syrup was originally made from the juice of pomegranate arils.

## How do I eat/prepare them?

To access the arils, you can score the outer skin of the fruit and pull it apart with your hands to expose the inside. The arils can be enjoyed on their own, or used on salads, in baked goods, or in smoothies.

# POMEGRANATES



## What are these strange fruits?

Pomegranates are an extremely healthful (and delicious) fruit that grow in mediteranean climates like San Luis Obispo.

## What do they taste like?

Pomegranate arils (the “seed-like” edible parts of the fruit) are very sweet, and slightly tart.

Fun Fact: Grenadine syrup was originally made from the juice of pomegranate arils.

## How do I eat/prepare them?

To access the arils, you can score the outer skin of the fruit and pull it apart with your hands to expose the inside. The arils can be enjoyed on their own, or used on salads, in baked goods, or in smoothies.

# POMEGRANATES



## What are these strange fruits?

Pomegranates are an extremely healthful (and delicious) fruit that grow in mediteranean climates like San Luis Obispo.

## What do they taste like?

Pomegranate arils (the “seed-like” edible parts of the fruit) are very sweet, and slightly tart.

Fun Fact: Grenadine syrup was originally made from the juice of pomegranate arils.

## How do I eat/prepare them?

To access the arils, you can score the outer skin of the fruit and pull it apart with your hands to expose the inside. The arils can be enjoyed on their own, or used on salads, in baked goods, or in smoothies.

# POMEGRANATES



## What are these strange fruits?

Pomegranates are an extremely healthful (and delicious) fruit that grow in mediteranean climates like San Luis Obispo.

## What do they taste like?

Pomegranate arils (the “seed-like” edible parts of the fruit) are very sweet, and slightly tart.

Fun Fact: Grenadine syrup was originally made from the juice of pomegranate arils.

## How do I eat/prepare them?

To access the arils, you can score the outer skin of the fruit and pull it apart with your hands to expose the inside. The arils can be enjoyed on their own, or used on salads, in baked goods, or in smoothies.