



Pomegranate



Plant: The pomegranate fruit is a berry, about the size of an orange, filled with edible seeds, each encased in a crimson colored sac called an aril that is full of tart and juicy pulp. This mythical fruit originated a millennia ago in Persia and made its way to the Americas in the 16th century with early Spanish settlers and were successfully cultivated first in Charleston.

Grow: Pomegranates prefer acidic soil with a pH of 7.5-8.0, need full sun, and at least 6 hours of sunlight. Transplant saplings in the late fall and plant at least 12 feet from other trees. Dig a hole three times the size of the root ball, cover root ball with potting soil, and water to a depth of 3 feet. Add bark chips or shredded leaves, 4" deep, leaving 4" of space between the mulch and the tree. Water every other day for the first two weeks and then once a week. Fertilize with 8-8-8 garden fertilizer once in the fall and again in spring.

Harvest: Pomegranates will begin to bear fruit three years after planting. They will flower in late May until Fall. The green fruit appear in the summer, ripening to red by early fall. To harvest, snip the stem of the fruit with pruning shears instead of pulling it off the tree.

Nutrition Facts

Serving Size 1/2 cup arils (seeds)

Amount Per Serving	
Calories 72	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	14%
Sugars 12g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 1%	Iron 1%

Nutritional Information: The arils and crunchy white seeds are the only edible portions of the pomegranate. The seeds are rich in fiber. The red color of the juice comes from the anthocyanins, which are potent antioxidants.

How to Prepare: Pomegranate juice is messy and will stain. To separate the seeds, slice off the top of the fruit, cut it in half, put it in a bowl of water and pry pieces apart, separating white pulp from seeds. The pulp will float to the top; remove and discard. Strain the water leaving the seeds behind and store for up to three days in a sealed container or freeze in an airtight container for up to one month. Top fresh greens, with sliced pears, toasted walnuts, crumbled blue cheese, pomegranate seeds and lemon vinaigrette. Toss roasted root vegetables with maple syrup and fresh pomegranate seeds. Top chicken or fish with salsa made from pomegranate seeds, chopped mandarin oranges and bell pepper.



Grilled Pomegranate Chicken

Yields: 4 servings

Serving size: 1 chicken breast

Ingredients

- 2 teaspoons fresh garlic, chopped
- ½ cup pomegranate juice
- 2 tablespoons fresh rosemary, chopped
- 1 teaspoon ground black pepper
- 1½ cup extra virgin olive oil
- 1 teaspoon salt
- ¼ teaspoon dry crushed red-pepper flakes
- 4 chicken breasts (4 ounces each)

Preparation

1. Combine garlic, pomegranate juice, rosemary, black pepper, olive oil, salt, and crushed red-pepper flakes for marinade.
2. Place chicken in marinade and marinate for about 24 hours in the refrigerator.
3. On a char broiler or grill, cook chicken for about 2 to 3 minutes on each side or until cooked through.

Pairs well with a fresh green salad and roasted potatoes!

Nutrition Facts per Serving:

220 calories, 14 g fat, 3 g carbohydrates, 0 g fiber, 19 g protein