



# CORPUS CHRISTI PRODUCE COMPANY, INC.

## December 2018

238 N. Port Ave, Corpus Christi, Texas 78408 [www.ccproduce.com](http://www.ccproduce.com) (361) 884-4025



The Pomegranate (*Punica granatum*) is a fruit-bearing deciduous shrub or small tree in the family Lythraceae. It is native to regions that include

modern-day Iran, Afghanistan, Pakistan and northern India. Today, Pomegranate is widely cultivated throughout the Middle East and Caucasus region, north and tropical Africa, South Asia, Central Asia, the drier parts of Southeast Asia, and parts of the Mediterranean Basin. Domestically, it is grown in parts of Arizona and California.

The name Pomegranate derives from medieval Latin *pōmum* "apple" and *grānātum* "seeded." Ancient Egypt regarded the Pomegranate as a symbol of prosperity and ambition.



Pomegranate shrubs grow to be 6 to 10 meters (20 to 33 feet) high. It has multiple spiny branches and is extremely long-lived, with some specimens in France surviving for 200 years. The flowers are bright red and the fruit is between the size of an orange and a grapefruit, with a rounded hexagonal shape, and has thick reddish skin. The number of seeds in a Pomegranate can vary from 200 to about 1,400. Both the seeds and the red seed pulp surrounding them are edible. The fruit is typically in season in the Northern Hemisphere from September to February, and in the Southern Hemisphere from March to May.

Pomegranate taste can vary depending on the variety and its state of ripeness. After the Pomegranate is opened by scoring it with a knife and breaking it open, the seeds are separated from the peel and internal white pulp membranes. Separating the seeds is easier in a bowl of water because the seeds sink and the inedible pulp floats. Pomegranate juice can be drank fresh and used in cooking. The juice is also the source of "grenadine" syrup, used in flavorings and liqueurs.



### LETTUCE BE YOUR PRODUCE COMPANY

The health benefits of Pomegranate are many. This amazing fruit is packed with anti-oxidant, anti-viral, anti-tumor properties and are a good source of vitamins A, C, E, and folic acid.

\*\*\*\*\*

### Recipe of the Month Homemade Grenadine



Ingredients:

- 1 cup Pomegranate juice, no sugar added
- 1 cup granulated sugar
- 1/4 teaspoon freshly squeezed lemon juice
- 2 to 3 drops orange-flower water

Directions:

1. Heat Pomegranate juice in a small saucepan over medium heat until steam rises from the surface and a few bubbles have formed around the perimeter of the pan, about 5 minutes. (Do Not Boil.) Remove from heat.
2. Add sugar and stir until it has dissolved and the liquid is no longer cloudy, about 5 minutes.
3. Stir in lemon juice and orange-flower water and let the syrup cool to room temperature, about 40 minutes. Transfer to a container with a tightfitting lid and refrigerate for up to 1 month. Makes approximately 1.5 cups of syrup.



### Sparkling Holiday Mocktail

1. Combine 1/2 cup of flavored/sparkling water with 1 1/2 - 2 tablespoons grenadine, to taste.
2. Fill with ice and stir gently then add the candy cane and serve!

### BUY LOCAL! SUPPORT LOCAL!



### A Tradition of Excellence

We are proud to announce that Corpus Christi Produce Company, Inc. is a BBB Accredited Business.

We work hard to provide the best service and product to our customers, and continue to strive for excellence and to maintain our A+ rating.

It is our pleasure to serve the Coastal Bend and surrounding areas. We appreciate your business and trust.

Let us know how we can help you.

### Holiday Gift Baskets



Our gorgeous baskets make wonderful gifts for any occasion. They are available in a variety of sizes and include free delivery within our local service area. Call our office today for more details @ 361-884-4025.



Visit us on the World Wide Web at [www.ccproduce.com](http://www.ccproduce.com)