



The Geneva School

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POMEGRANATE

Today students in grades 2-6 had a chance to taste pomegranate, sampling an apple



pomegranate crisp and fresh pomegranate seeds, also called arils, served with fresh, whipped cream.

This round, ruby super fruit is filled with hundreds of juicy, sweet, tart, red seeds loaded with antioxidants and phytochemicals; vitamins C, B, E, and K; and minerals like potassium, folic acid, iron, and calcium. The antioxidants strengthen the immune system and protect from disease, while maintaining and repairing damaged body cells. Pomegranates promote heart health by preventing the hardening of the arteries and regulating blood pressure, decreasing the bad cholesterol and triggering the production of good cholesterol. Pomegranates have anti-inflammatory agents that benefit those with osteoarthritis and asthma. For women, pomegranate helps maintain estrogen levels, reducing PMS. Also high in fiber, pomegranates help boost digestive enzyme production for optimal digestive health. Antibacterial and antiviral properties of the seeds help avoid tooth decay, protecting teeth from plaque.

Although it takes a little work to remove the seeds, the nutritional benefits of pomegranate seeds make it worth the work. Need a lesson in how to remove the seeds? Watch the 2 minute "How to Open" video at www.pomwonderful.com.

Jones Family Apple Pomegranate Crisp

(My daughter Mollie discovered the recipe and it has become a family holiday favorite)

5-6 medium cooking apples, sliced
1 pomegranate, remove seeds
1/2 cup brown sugar
1 Tbsp. cinnamon
1/2 tsp. nutmeg
1/2 cup rolled oats
1/2 cup whole wheat or all purpose flour
1/2 cup sugar
1/2 cup (1 stick) butter, melted

- Preheat oven to 375 degrees; grease a 9 x 13 baking dish with butter.
- In a large bowl, toss together the sliced apples, pomegranate seeds, brown sugar, cinnamon, and nutmeg. Spread evenly into the greased baking dish.
- In the same bowl, stir together the oats, flour, and sugar. Add in melted butter and stir to form coarse crumbs. Layer on top of the apple mixture.
- Bake 45 minutes.

Serves 10-12

You may want to serve the crisp with vanilla ice cream or fresh, whipped cream.

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.