

Grenada (Spanish), 石榴 (shí liú, Mandarin) अन्नर (Annar, Hindi), ደገዳ (Dāḡama, Gujarati), Makomamanga (Swahili), rummaanka (Somali), رمان (rumaan, Arabic)



# Pomegranate

*a taste of the Bible on the Floridian table*

The pomegranate has an ancient history dating to the early Egyptian civilization, and it was an important symbol in a wide variety of religious texts and mythological stories throughout the Mediterranean region. The fruit is highlighted in ancient and modern works of art from Roman mosaics to Renaissance still life, and the juice has been used in beverages and medicines for thousands of years. Pomegranate trees were brought to Florida by Europeans in the 1700s, and the tree's beautiful flowers and healthy fruits can be found in Florida landscapes today.

To learn more about Florida's culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

Apples, honey, pomegranate to celebrate the Jewish New Year.



# POMEGRANATE AND BLUE CHEESE SALAD

**20**  
MINUTES  
TOTAL

**2**  
TOTAL  
SERVINGS

## INGREDIENTS

Four cups of salad greens  
½ cup pomegranate arils  
Two tablespoons blue cheese  
One sliced peach or apple  
¼ cup vinaigrette dressing

Two tablespoons toasted nuts  
(walnut, pecan or almond)  
One teaspoon seeds (flax, sesame  
and/or pumpkin)

## DIRECTIONS

1. Toss greens with vinaigrette.
2. Add nuts, seeds, pomegranate arils and blue cheese.
3. Toss again.
4. Divide salad onto two serving plates.
5. Top with peach slices.
6. (optional) Top with hot grilled shrimp, tofu or tempeh.



## FACTS

The pomegranate is in many religious texts and stories such as the Greek myth of Persephone and Hades, the Hebrew 'Song of Solomon,' and the 'Fruit of Paradise' in the Quran. The Spanish brought the fruit to the Americas, and today it is a popular snack, juice and flavoring in Florida.

Pomegranates are rich in polyphenols (antioxidants), potassium, fiber, and natural sugars.

For more Florida heritage recipes, visit [floridaheritagefoods.com](https://www.floridaheritagefoods.com)

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