

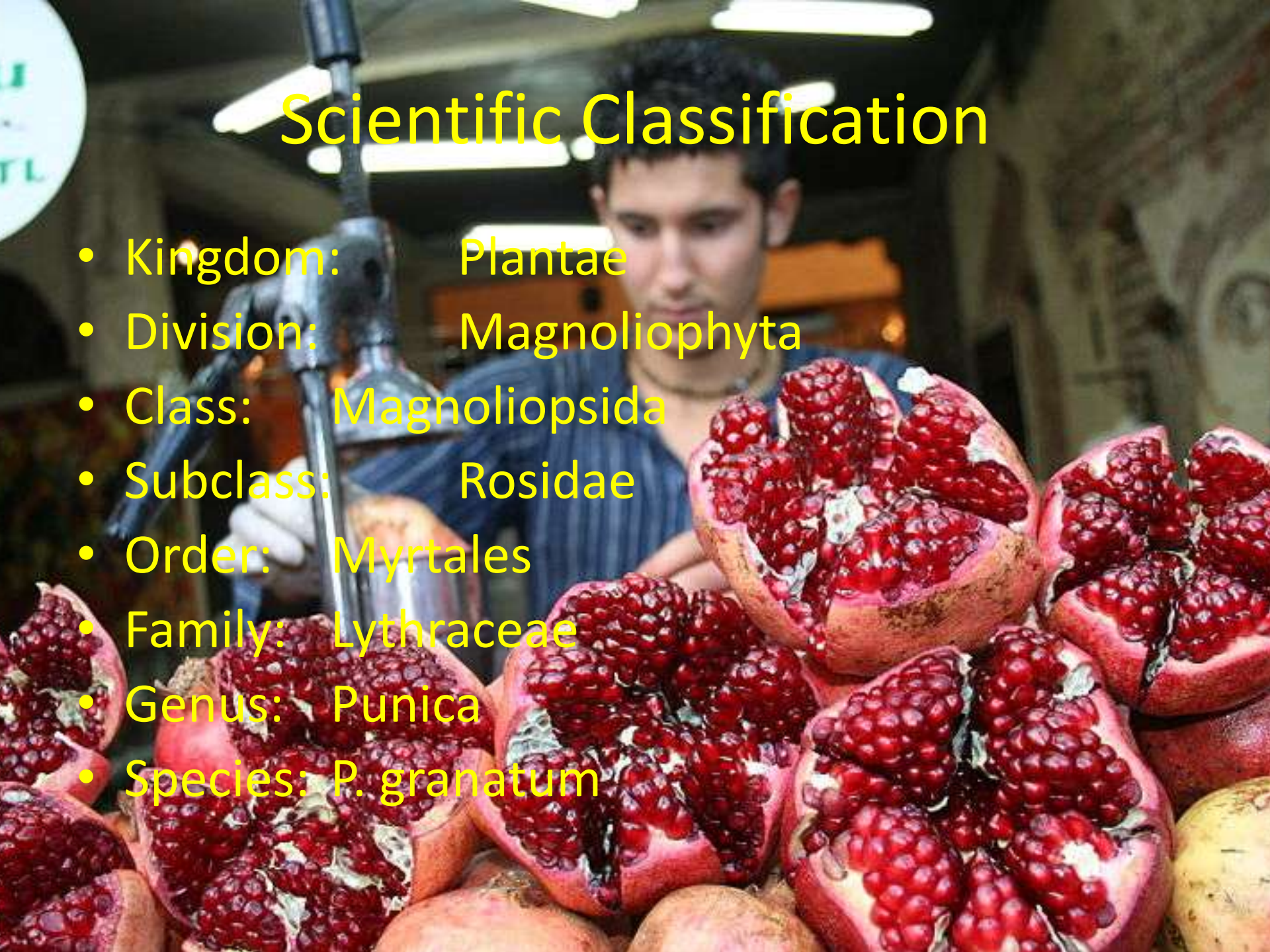
A close-up photograph of a pomegranate fruit that has been cut open. The fruit is resting on a light-colored wooden surface. The interior of the fruit is visible, showing clusters of bright red, glossy seeds (arils) surrounded by a white, spongy pith. The outer skin of the pomegranate is a mix of red and white. The background is a warm, out-of-focus orange-brown color.

Pomegranate

(*Punica granatum*)

Scientific Classification

- Kingdom: Plantae
- Division: Magnoliophyta
- Class: Magnoliopsida
- Subclass: Rosidae
- Order: Myrtales
- Family: Lythraceae
- Genus: Punica
- Species: *P. granatum*



History

- Pomegranate is native to the western Himalayas.
- It has been cultivated as far west as the Mediterranean and as far north as Russia for several millennia
- Exocarp from the fruit has been found buried in Jericho dating back as far as 3000 years BC.



Propagation

- Large flowers with Lots of pollen make breeding easy.
- Three main ways to propagate new trees
 1. Seeds however plants tend to be inferior
 2. Stem cutting, or hardwood cutting in the winter
 3. Layering

Seeds are also enjoyed by birds the fruits are not digested. Because of this trees tend to pop up everywhere around where they are planted.



Parts of the Fruit

- Aril – Is what it is called when the seed is contained in a sack of juice.
- Albedo – The white, fleshy substance between the membrane and the rind.
- Membrane – The translucent yellow material surrounding the pomegranate arils. The membrane is bitter and not recommended for consumption.
- Rind – Much of the antioxidant content of the juice comes from crushing the whole fruit, as the rind contains a high amount of beneficial phytonutrients.



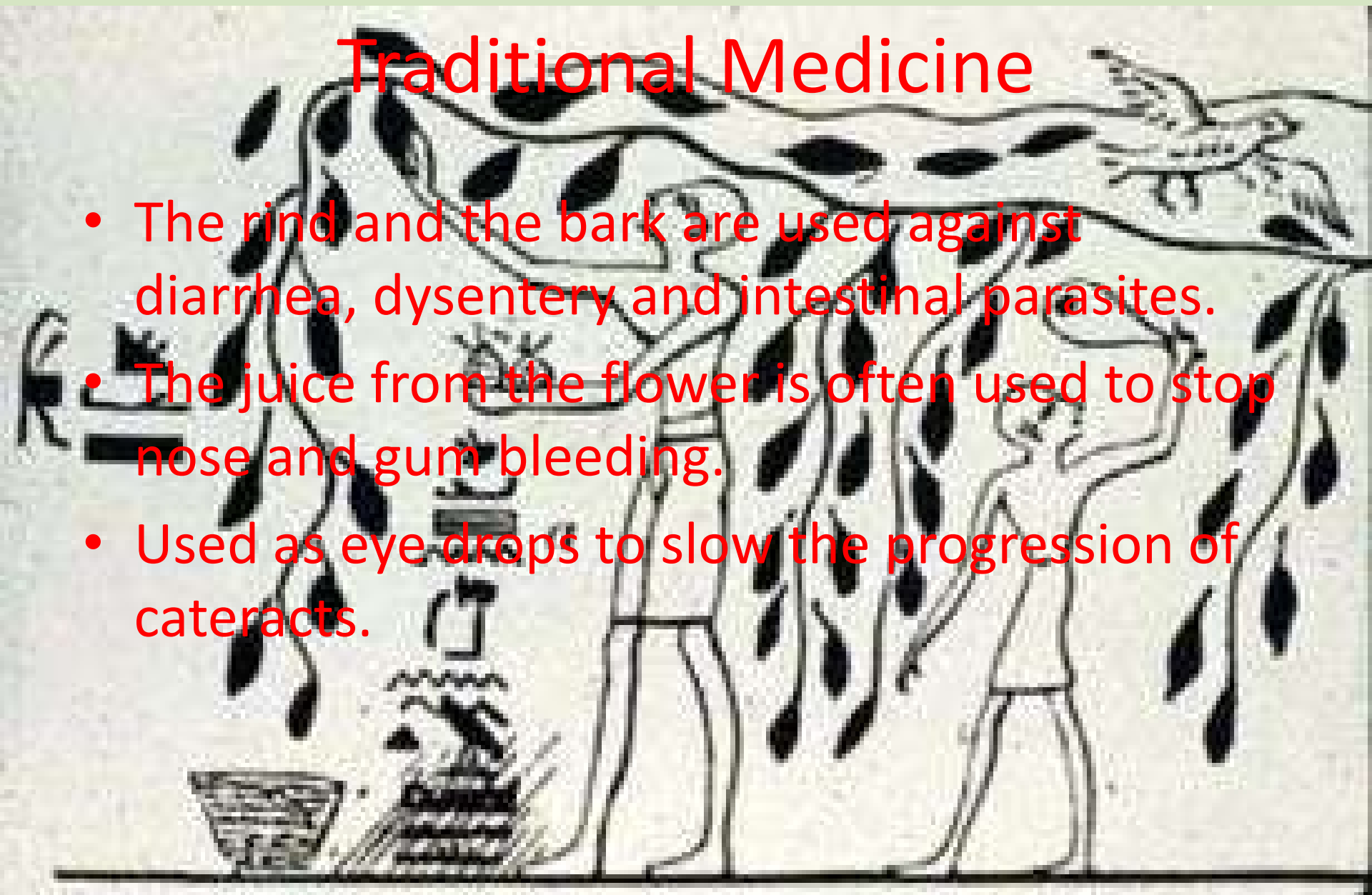
The Three Main Types

- Chico: These orange/red flowers bloom almost all year long, but there are no fruit.
- Nana: Only grow around 18 inches tall. They are attractive in windows, bear red flowers, and have edible 1.5 inches fruit.
- Wonderful: The most common fruiting variety, works well in Phoenix, red blossom in April are followed by 4 inch fruit which ripen in the fall.



Traditional Medicine

- The rind and the bark are used against diarrhea, dysentery and intestinal parasites.
- The juice from the flower is often used to stop nose and gum bleeding.
- Used as eye drops to slow the progression of cataracts.



Modern Medicine



- Initial testing suggest it may reduce the risk of heart disease.
- Juice consumption inhibits viral infection and lowers blood pressure.
- The extract can be used as an antibacterial agent that is effective against dental plaque
- More studies for it's beneficial uses as medicine are being produced all the time some of these ongoing studies include

Prostate cancer, Lymphoma, Diabetes, atherosclerosis, and infant brain injury.



Nutrition

- Amounts Per Selected Serving

%DV

Total Omega-6 fatty acids 223mg

Dietary Fiber

11.3g

45%

Potassium

666mg

19%

My Sources

- http://www.desert-tropicals.com/Plants/Punicaceae/Punica_granatum.html
- <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2038/2>
- <http://www.pomwonderful.com/products/freshfruit/parts-of-the-pomegranate/>
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Any Questions?