

POME FRUITS

MAY - 2021

Did you know?

- A pome is a fruit produced by flowering plants of the apple subtribe of the rose family.
- The most noticeable feature of these fruits is that the seeds or carpels are well placed in their fibrous core.
- Despite different textures and tastes, apples, pears, loquats, medlars, and quinces are all types of Pome.
- They are good to eat and provide us with vitamins and minerals needed for good nutrition.
- Their high pectin content makes them suitable for jams and jellies. They also tend to be quite acidic, sometimes bitter, which makes them well suited for flavourful vinegars.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

