

Diospyros Kaki

KAKO – PERSIMMON TREE – KAKI – KAKIPFLAUME

CAQUI - XYPMA - 柿の木 - 柿子树 - يكاك

HISTORICAL BACKGROUND:

The persimmon, also called apple of the East or Japanese Lotus, is fruit is a characteristic winter fruit, but has the sweetness, juiciness and colour of summer.

While it is very flavoursome when ripe, it tends to be unpalatable if eaten before softening. Its scientific name “diospyros” means “bread of the Gods”, so called due to its soft flesh.

The name “khaki” is an abbreviation of the original Japanese name “Khaki no ki”, which was the name given to the plant in the first millennium.

It is said to have seven virtues: it is long living, it provides excellent shade, no birds nest in it, pests do not affect it, its leaves turn a beautiful red in autumn, its wood burns well on a fire and it fertilizes the ground below its branches, thanks to the abundant fall of foliage.

The khaki fruit reached Europe at the end of 1700 as an ornamental plant. It was the French and the Italians that in the mid-1800s started taking an interest in its fruit.

The Khaki tree was first planted in Italy in the Boboli gardens in Florence, in 1870/71.

Word also has it that composer Giuseppe Verdi loved the sweetness of the khaki and was one of its greatest fans.

*BOTANICAL AND AGRICULTURAL
FEATURES / PRODUCT DESCRIPTION:*

- *FAMILY: Ebenaceae*
- *MINIMUM TEMPERATURE: -12°/17°*
- *MAXIMUM HEIGHT: 6/8 mt*
- *PRUNING: February*
- *SOIL: Well-drained and rich in organic matter.*

PERSIMMON VARIETIES:

- *HANAFUJI:*

Large flattened, round fruit, deep red colour.

Harvest: Mid October

- *RED BRILLANT:*

Large round, elongated fruit, orange-red skin.

Harvest: Mid November

- *SHARON:*

Flattened plump fruit, bright orange color, very sweet.

Harvest: October

- *TIPO:*

Round, orange fruit, pale yellow flesh.

Harvest: Early November

- *VANILLA:*

Flattened, round fruit, yellow-orange skin. Firm, crisp flesh..

Harvest: Late October / Early November

BLOOSOM:

In addition to its abundant fruit bearing, persimmon trees are also perfect for the garden thanks to their ornamental leaves, which turn a deep bronze-red in autumn.

After the fall of the leaves, the fruits that remain attached to the branches are an attractive sight to see.



*TRAINING
AND ORNAMENTAL USES:*



*HALF-STANDARD
TREE:*

*Suitable for parks and tree-lined
avenues or roads.*



STANDARD TREE:

*Suitable for parks and tree-lined
avenues or roads.*



ROOF TREES:

*A striking new idea that helps
create shade in the garden.*



ESPALIER TREE:

An attractive way to delimit areas of your garden, orchard or garden paths

A border of flower or herbs can be grown at its base.

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in 30cm wide, 15 litre pot. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the backsoil that has previously been removed. This should be broken down, crumbled and mixed with 20-30% compost.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 meter, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter. The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips.

In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT
THREE-YEAR-OLD FRUIT TREES
IN A 15 LITRE VASE*



HEALTH BENEFITS:

The persimmon is a high-energy fruit thanks to the quantities of sugar and potassium it contains. It is particularly beneficial for people suffering from physical and psychological stress and appetite loss.

Persimmons are high in fibre and are an excellent remedy for constipation. They are an effective laxative and diuretic. They are not acid fruits and are consequently recommended for gastritis sufferers as the persimmon pulp mitigates the effect of the gastric juices in the stomach. Persimmons are also particularly good for the liver, the spleen and the pancreas, thanks to their purifying properties.

They contain vitamin C and pro vitamin A both of which help strengthen and make the immune system more effective. The vitamin C and lycopene in persimmons are good for the skin helping it stay supple and firm. Its pulp can be used to make a face mask to tone and rejuvenate the skin.

The flavonoids, polyphenols and vitamin C in persimmons are antioxidants which help defend the body against viruses and reduce the formation of free radicals.

The fruit also contains catechins, which are anti-inflammatory, immunostimulants and anti-hemorrhagic. The presence of vitamins and beta-carotene slows the aging of cells, making this fruit beneficial for sufferers of acne and inflammation of the prostate. It is also recommended for children, the elderly and women with painful menstrual cycles.

The persimmon owes its sweetness to its relatively high sugar content (16%) and to its soft, creamy texture that enhances the sense of sweetness in the mouth. They are not very filling though, and care must be taken not to eat too many as they are high in calories (70 kcal per 100 g). They are ideal however, if you need an extra boost of energy.

NUTRITIONAL VALUE:

*100 g of fresh persimmon contain about 70 calories
(95% carbohydrate, 2.8% protein, 2.3% fat).*

Nutritional value per 100 g of Persimmon

<i>Energy Value (Calories)</i>	<i>70</i>	<i>kcal</i>
<i>Protein</i>	<i>0,58</i>	<i>g</i>
<i>Carbohydrates</i>	<i>18,59</i>	<i>g</i>
<i>Sugars</i>	<i>12,53</i>	<i>g</i>
<i>Fats</i>	<i>0,19</i>	<i>g</i>
<i>Saturated Fats</i>	<i>0,02</i>	<i>g</i>
<i>Monounsaturated Fats</i>	<i>0,37</i>	<i>g</i>
<i>Polyunsaturated Fats</i>	<i>0,43</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary Fibre</i>	<i>2,9</i>	<i>g</i>
<i>Sodium</i>	<i>1</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

INGREDIENTS:

- 1kg of persimmons
- 300g brown sugar
- 1 cooking apple
- 25 ml lemon juice
zest of 1 lemon
- 1 vanilla pod



METHOD:

Remove the persimmon stalks, peel and scoop out the fruit's light interior. Peel the apple and cut into cubes. Place the persimmon and apple into a large saucepan and add the grated lemon zest and juice. Cook on a low heat and bring slowly to the boil, stirring regularly. Boil for 5 minutes, then turn off the heat. Allow to cool slightly then, liquidise the mixture or sieve with a food mill.

Put the fruit pulp back into the pan, add the brown sugar, then split the vanilla pod lengthways with a sharp knife and scrape out the seeds with the knife tip. Add the seeds and pod to the mixture. Cook over a low heat, stirring and skimming frequently, until the persimmon jam has thickened and reached setting point. (It will take about 40 minutes).

When cooked, turn off the heat, remove the vanilla pod and pot the jam in sterilised jars. Seal them and put to cool upside down to create vacuum. Once they are cool, store in a cool, dark place.

MOUSSE DI KAKI E MORE DI GELSO:

INGREDIENTS:

- *3 ripe persimmons*
- *2 tbsp. chia seeds*
- *3 tbsp. mulberries (also dried)*
- *1 tbsp. unsweetened cocoa powder*



METHOD:

Wash the persimmons, cut into pieces and place in the blender with the chia seeds, mulberries and cocoa powder. Blend until smooth and creamy.

Pour the mousse into single-portion bowls and put in the fridge for 30 minutes or until set. Serve chilled.

KAKI ALLA GIUSEPPE VERDI :

INGREDIENTS:

- *persimmons*
- *sugar*
- *sparkling wine*

METHOD:

Wash and dry the persimmons, remove the stalks, cut in half horizontally and arrange on a plate. Sprinkle with sugar and douse with sparkling wine. Set aside for a short time before serving as a dessert



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