

## Travelling With Pomegranates Discussion Questions

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the pomegranate *punica granatum* is a fruit bearing deciduous shrub in the family *lythraceae* subfamily *punicoideae* that grows

to between 1.55 metres 5.16 ft tall

11 jan 2024 pomegranates are low in calories and fat but high in fiber vitamins and minerals benefits include antioxidants heart health urinary health exercise endurance and more

3 aug 2023 pomegranates and their juice bring some great benefits to your health the high level of antioxidants they provide is thought to reduce your risk of heart disease and promote a healthy

10 sep 2025 pomegranate *punica granatum* is a fruit bearing shrub or small tree that belongs to the Lythraceae family it is native to regions of iran and northern india but is now widely cultivated across

16 sep 2025 pomegranate arils add a fresh tart sweet flavor to salads meat dishes and even yogurt pomegranate season is in full swing it runs from september through december so right now it s

the pomegranate is a round fruit about the size of a large orange with thick leathery skin that encases juicy pale pink or deep crimson pulpy seeds held in place by a bitter tasting

30 oct 2025 pomegranates are nutritious fruits that provide fiber vitamins minerals and disease fighting antioxidants to promote heart metabolic urinary digestive and brain health you can eat the

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