

# California

Fun Facts ABOUT

Dates



California  
Dates



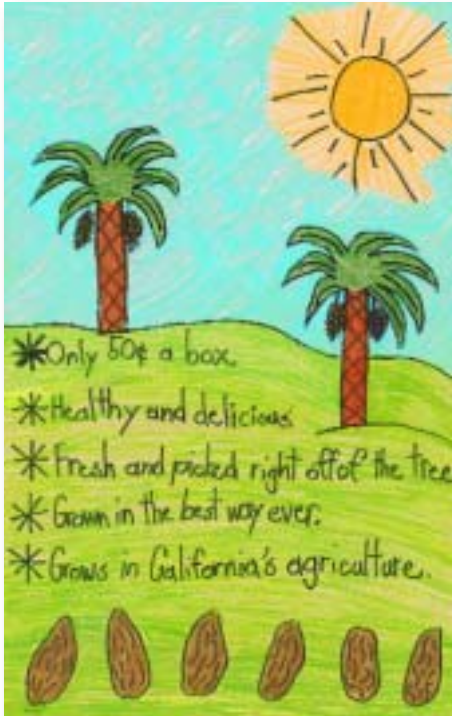


## HISTORY OF DATES

For centuries, date palms have flourished in the sun-drenched deserts of many Middle-Eastern and North African countries. Date varieties were brought to America in 1890 by the U.S. Department of Agriculture.

Today, 95 percent of America's dates are grown in the Coachella Valley, California, where the dry, warm temperature of the California desert is a perfect climate for date palms.

California's major date variety is Deglet Noor, originally grown in Algeria. Other dates grown in California are the Zahidi, Khadrawy, Halawy and Med'jool.



## HOW DATES ARE GROWN AND HARVESTED

Dates are grown in orchards or gardens. Each garden has male and female trees and scientific pollination is an important part of producing the crop.

Every spring, pollen is gathered from the male trees and under carefully controlled conditions, used to pollinate the flower clusters of the female trees. It takes seven months for the production of a crop. Dates do not ripen all at once. Harvesting starts in September and goes through December.

Date palms can grow to heights of 80 to 100 feet and keep on growing until too tall to harvest. New offshoots are then planted from the parent plants.

## DATES ARE GOOD FOR YOU

Eat fresh, luscious California dates right out of the hand for a sweet, healthy treat.

Dates are an excellent source of potassium and dietary fiber, and provide calcium, iron and phosphorus as well as important B vitamins. A medium sized California date contains only 24 calories.

Three or four dates as dessert or a snack fit perfectly into a well-balanced diet — and into your lunchbox!. Naturally occurring sugars, delicious caramel flavor, and smooth texture satisfies any sweet-tooth!

## CROSSWORD PUZZLE

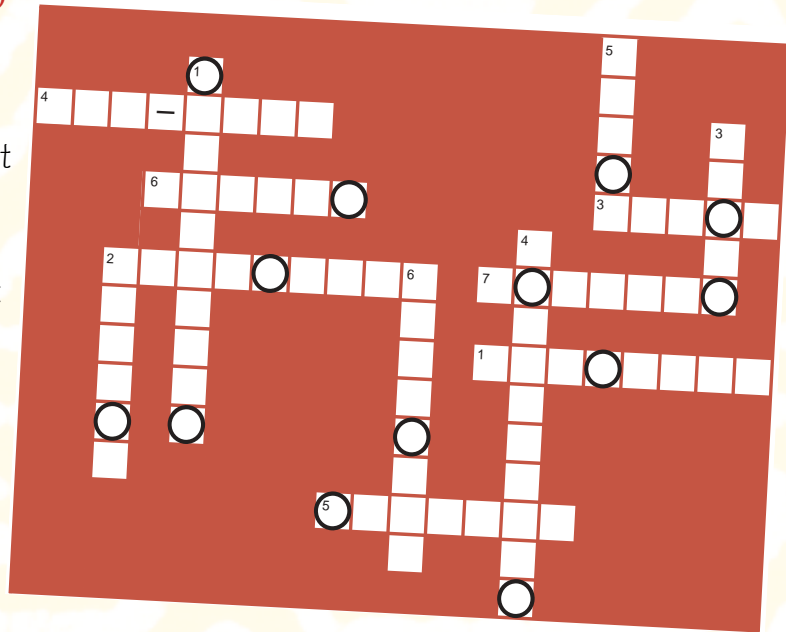
### Down

1. What is the most common variety of date grown in California?
2. Male trees produce \_\_\_\_\_.
3. Dates are naturally \_\_\_\_\_.
4. Where are 95% of America's dates grown?
5. Dates contain dietary \_\_\_\_\_.
6. Dates keep longer because they contain \_\_\_\_\_.

# CROSSWORD PUZZLE

## Across

1. What essential nutrient do dates contain for quick energy?
2. Besides minerals, what other nutrient group do dates contain?
3. Dates don't do this all at once.
4. Dates originally came from this region of the world.
5. Dates grow in \_\_\_\_\_.
6. Dates have a deep, rich \_\_\_\_\_ that goes well with other foods.
7. What occurs between September and December in date gardens?



Unscramble the letters to solve the puzzle:

What did you learn about dates?

\_\_\_\_\_

\_\_\_\_\_

Check your answers and find out more about dates at [www.DatesAreGreat.com](http://www.DatesAreGreat.com)

## HOW DO DATES GET ALONG WITH OTHER FOODS?

Their deep rich taste adds flavor to breads, cakes, muffins and cookies. Dates are compatible with other fruits in compotes, salads, and desserts. Dates add a luscious richness to entrees and side dishes that include meat, rice or other grains and vegetables.

## KEEPING DATES

Dates have high moisture content and keep for long periods. Stored in a tightly closed container, dates can be refrigerated for several months, or in the freezer for a least a year. Any moisture loss can be regained with a little warm water or fruit juice to plump them up.



Find out more about California dates at  
[www.DatesAreGreat.com](http://www.DatesAreGreat.com)

Artwork is by Lexi Keck, whose family owns Hadley's Date Gardens.