

This season, even after all the leaves have fallen, the Japanese countryside is dotted with bright red persimmons hanging from trees, often offering enough to share with starlings and crows...Besides adding brightness to an overcast winter day, persimmons are very nutritious, they tonify the Yin and by moistening dryness in the body are healing to the skin, throat and lungs and also sooth mucous membranes in the digestive tract. There are many ways to eat persimmon—my dad's favorite is to let them go completely ripe, cut off the top and just scoop out the pulp with a spoon—but the following is my favorite way to eat them. (Source: *Healing with Whole Foods* by Paul Pitchford)

Spiced Vegan Persimmon Bread

3 cups unrefined flour (I use a 1:2 ratio of whole wheat to kamut flour)

1 tsp. sea salt

2.5 tsp. baking powder

2 tsp. baking soda

1.5 tsp ground cinnamon

1 tsp. ground nutmeg

1 tsp. ground cloves

1 cup unrefined sugar (I use 1/2 rakanqua and 1/2 beet sugar – though if the persimmon are sweet enough, you may want to try to eliminate the sugar completely...)

2 Tbs. kudzu powder (as substitute for 1 egg)

10oz. prune puree (or 2 dried persimmon or 5 dates/5 prunes pureed)

1 tsp vanilla

1/2 c vegetable oil (I use organic rapeseed oil)

2 cups persimmon pulp (don't forget to remove the skin and seeds!)

1 c chopped walnuts

1/2 c raisins (optional)

1. Preset oven to 350 degrees

2. Mix dry ingredients

3. Mix in liquid ingredients and add to dry mix

4. Add nuts and raisins
5. Pour into 8 x 4 x 2 1/2 loaf pan
6. Bake for 45 mins. to 1 hour. Test with a toothpick – its ready when it comes out clean!
7. Get ready for the moistest, most scrumptiously delicious taste!!