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tasty vitamins

Naturally good for you

The botanical name for pomegranate is *Punica granatum*. Categorized as a berry, pomegranates are one of the healthiest foods on the planet. Packed with nutrients and powerful plant compounds, not only are pomegranates tasty, but they're also full of natural health benefits.

Pomegranates are celebrated for their natural powers, color and symbolism. Of all the autumn fruits, the pomegranate is the most elegant and exotic.

Short but Sweet Pomegranate Season

Pomegranates have a short but delightful season. SweetHeart Pomegranates run from mid-august through the end of october. Our fresh pomegranates are available for sale at some of the widely attended and acclaimed Farmer's Markets in Los Angeles, CA.

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about us

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We are a passionate family farming in California's
<https://www.sweetheartpomegranates.com/> 9/16/2021
 Our fruits are grown specifically in Madera, CA.



which is the center of the state. With an incredibly fertile farmland, Madera is home to an ample variety of locally grown produce.

What We Grow

The climate allows us to grow a variety of fruits and nuts. Our acreage is divided between 615 acres for mandarins, 279 acres of pomegranates and 140 acres of grapes. We graze an additional 212 acres of almonds and 374 acres of heritage pistachios trees.

As a family operation, every aspect of growing, processing and handling of our products is done in a manner that speaks to unsurpassed quality and integrity. We strive to provide the consumer with high quality products that taste great.



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Sweet Heart pomegranates

Uniquely sweet

One of the products we're most proud of are our pomegranates. They are beautiful inside and out. They have brilliant red arils with beautiful colored skin. Though we have other, more common varieties of pomegranates in California, SweetHeart is a new variety that stands out. With its sweet, low acid flavor, and softer seeds it delivers a deliciously juicy and unique eating experience.

Grown fresh in beautiful California, our growers strive for pomegranate perfection. Taste the difference of a SweetHeart.

- ▶ Early Season Harvest
- ▶ Low-Acidity
- ▶ Uniquely Sweet



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nutrition

The Exotic Antioxidant Superfood

A pomegranate is a true gem. With shiny red “jewels,” (called arils) it is often called the “*Miracle fruit*”. Pomegranates have come into dietary favor recently for their high antioxidant levels. They are also full of vitamin C and potassium.

The pomegranate is one of many super fruits and is famous for treating various kinds of health issues. Scientific studies show pomegranates can lower blood pressure, improve blood flow to your heart, lowers your risk of stroke and can actually clear blocked arteries!

Some of the health benefits are:

- ▶ A powerful antioxidant.
- ▶ Reduces arthritis & joint pain.
- ▶ Fights against prostate, colon and breast cancer.
- ▶ Lowers blood pressure.
- ▶ Strengthens the Immune system.
- ▶ Improves heart health.
- ▶ Lowers cholesterol and other cardiac risk factors.
- ▶ Improves Memory.



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From Our Farm

to your Table





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We want you to enjoy the best experience tasting our pomegranates each time you eat one.

We've been farming over 30 years in Madera, CA, and as a result, we know our pomegranates! They are not only crisp and juicy but full of flavors. A unique and unforgettable eating experience.


SweetHeart Pomegranates are rich in fiber and antioxidants, but the crimson color and the sweet-tart flavor are the real draws. There are so many great ways to use them. From savory to sweet dishes, our pomegranates are versatile enough to be used in numerous ways.

Keep scrolling down to find **our** favorite ways to use **SweetHeart Pomegranates**.

Enjoy!




Top Ways To Enjoy SweetHeart:



Savory

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- Green Salads
- Quinoa or Couscous
- Hummus
- Dips
- Roasted Vegetables
- Rice
- Meat dishes
- Bruschettas or Avocado Toast



Sweet Bites

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- Baked goods
- Trail Mix
- Cereal
- Yogurt
- Oats
- Ice Cream or popsicles
- Panna Cotta
- Fruit Salads



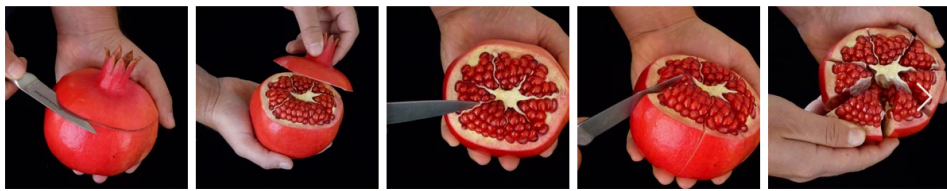
Beverages

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- Pomegranate Juice
- Tea
- Sangria
- Lemonade
- Sparkling Fruit Punch
- Mimosas
- Mojitos
- Margaritas



How to open a pomegranate





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*buy local
at the farmer's market*

Farmer's Markets are a treasure trove of local culture, flavors and people in Los Angeles, Brentwood and Pershing Square and where you will find our fresh produce.

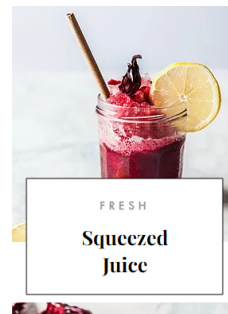
During our season you can come try our beautiful pomegranates. Taste our signature dried seeds or grab a freshly squeezed juice that will give you an instant antioxidant boost.

Market days & times>

Purchase 2oz. Dried SweetHeart Bag

Purchase 5lb. Dried SweetHeart Bulk Box

Live your sweetest life. #Sweetheartpom



Follow Us!

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Love our pomegranates?
Share the love & tag us!
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WE WANT TO HEAR FROM YOU!

Have questions, concerns, or compliments?
Email us : info@sweetheartpome.com
and we'll be happy to answer!



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