



**WAVECREST**  
CAFE



**Harvest**  
of the  
**Month**™

**ARE PROUD TO FEATURE:**

# **PERSIMMONS**



**DID YOU KNOW???**  
**PERSIMMON TREES CAN**  
**GROW FOR 7 YEARS**  
**BEFORE THEY PRODUCE**  
**FRUIT AND CAN GROW**  
**UP TO 70 FEET TALL!**

**ONE PERSIMMON,**  
**ABOUT 25G IS**  
**PACKED WITH**  
**VITAMIN C, FIBER,**  
**MANGANESE,**  
**POTASSIUM AND**  
**IRON.**