Persephone’s uncontrollable appetite brings home fall fruit

Although the calendar tells us that we are in the month of November, the one that I like to call the perfect Autumn month — is still hanging on. The supermarkets and some of the little stands about the area still have vestiges of pumpkin, the signature fruit of the month. Even the Christmas tree farm, off Sweetwater Road, has a goodly supply of the golden fruit.

Seeing the pumpkins and the other fall fruits reminded me that we live in a land of bounty. And unlike oranges or apples that can cause some discomfort. Pomegranates, like other ancient fruits, have an interesting story to offer. In Greek mythology Persephone wandered off from her mother, Demeter and was carried away by the King of the Underworld. Like any dutiful mother, Demeter wandered everywhere looking for her daughter.

Persephone eventually was found living in the underworld and told she could go with her mother if she had not eaten. But Persephone had tasted a few pomegranate seeds. As a result she was forced to stay in the underworld one month for each seed eaten. The balance of the time she could roam with her mother.

There was a time when I would salvage as many seeds as I could and use them in a recipe. But no more. Extracting them is a bit exhausting. And on top of that I have a tendency to eat more than I salvage. I therefore, am not taking any chances of having to live in the underworld. Being near the Proctor Valley Monster is enough.

Pomegranates are a juicy fruit and the makings of an Armenian wine.

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