

# Sweetheart Pomegranate Bush



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.



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## *Punica granatum* 'Sweetheart'

- **Use:** *The best tasting & healthiest pomegranates: sweeter flavor, less acid and softer seeds.* Improved variety with fount-like branches that display large orange-red blooms in summer and large, burnished, delicious red fruit in early fall. A popular variety for making pomegranate juice, Beautiful as shrub, small tree or espalier. Fruits best in warm semi-arid climates. Pomegranates are used in cooking, baking, juices, and smoothies, and alcoholic beverages such as martinis and wine. 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!
- **Exposure/Soil:** Full to part sun. Soil should be well-drained. Acidic soil is preferred, though it can tolerate a wide variety of soils. As long as it is properly established, it is moderately drought tolerant.
- **Growth:** Growing 10' tall and wide quickly.
- **Hardiness:** Zone 7-11; Tree/ Small shrub
- **Foliage:** Deciduous. Small green leaves.
- **Flower:** Known for their sweet and often soft seeded fruit, making them a popular choice for both commercial and home gardens. Self fruitful.

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