

Medjool Dates



Look: Medjool dates are large and glossy brown. They have a cylindrical shape. The inside pulp is amber colored.

Taste: Medjool dates have a rich, caramel-like taste and a soft, chewy texture. Don't eat the elongated pit in the center!

Touch: Medjool dates have a sticky, bumpy skin to the touch.



If you see a white film on the outside of a Medjool date, that is just the natural sugars crystalizing as it rises to the top!



Did you know?

Did you know Medjool Dates have more potassium per weight than a banana?!

