

CrossTalk

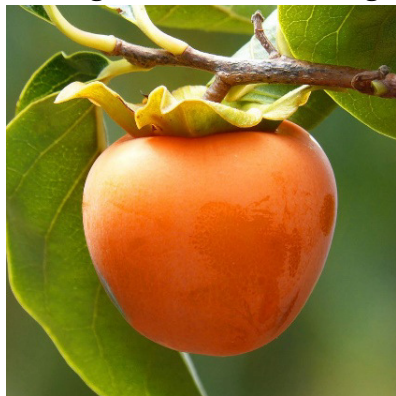
CROSSROADS Language Studio's Newsletter December, 2023

Persimmons

December is upon us and persimmon season has finally begun! We all know the humble fruit that ushers in the arrival of winter and can be seen from a mile away, hanging on the bare branches of trees, its vivid orange colour in stark contrast to the grey and brown vegetation around.

The ancestors of Persimmon evolved in China for several millennia and slowly made their way to the Korean Peninsula and, in the 7th century, to Japan. Initially, even though there were literally thousands of varieties, they were all of an astringent type (largely inedible), and the first non-astringent type emerged between 12th and 14th century. In 19th century, persimmons were exported to Europe under the name “kaki”, with minor phonetic differences in pronunciation among European languages. These days, Spain is the largest producer of *caqui* (read “kaki”) for Europe. As its Greek derivative name – “fruit of gods” – suggests, it is packed with nutrients, vitamins and essential minerals.

This winter fruit falls into two categories: astringent and non-astringent.



Astringent persimmons are acorn-shaped and contain high amount of tannins, which coagulate proteins in our saliva, when eaten unripe, leading to

an unpleasant sensation of dryness in the mouth. When fully ripe, these kaki have a jelly-like, silky texture and are very sweet.

A common practice of removing the bitterness in astringent kaki is to hang them outside, skin peeled off, to dry in the sun.



Non-astringent kaki have a flat bottom and have a much lower tannin content, allowing us to enjoy them when they are still firm and crisp in texture.

Owing to their high nutrient and antioxidant content, kaki offer many health benefits.

Kakis are high in vitamin A, which improves our vision, but most importantly it helps to make rhodopsin protein in the eyes, which in turn helps us to see better in low light conditions (very handy in winter!).

They improve heart health by reducing bad cholesterol and blood pressure. They are fibre-rich foods, which help to slow down carbohydrate absorption preventing glucose spikes in the blood. This makes them a healthy treat for people with diabetes.

However, be careful not to eat kaki on an empty stomach, as that often leads to stomach cramps and diarrhoea. Also, when eaten with eggs they may lead to abdominal pain and even food poisoning, due to a chemical interaction with tannins. In moderation, they are a healthy addition to your winter seasonal diet. Enjoy!

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

For delicious recipes with kaki, check out this link:

<https://www.marthastewart.com/275469/persimmon-recipes>

Some Thoughts for the Month



Joshua Says: Another year has passed and we are at the end of our second year in our new (and latest) location here on the 7th floor of Kyoei Kosan Ichibancho Building. We've been under the shadow of the Corona Pandemic for all of that time, but now everything is starting to get back to normal and we can, hopefully, look forward to a brighter, Corona panic-free, future starting next year. So, here's wishing everyone all the best and success in the year ahead!

Junko Says: In many countries around the world it's "Jingle Bells" time again. Although this song was written in the U.S. in 1850 for Thanksgiving (around the time of the arrival of Perry in Japan), it has become a favored tune for Christmas also. It is now an iconic Christmas tune ingrained in popular culture throughout the world. You could say it has now become part of our collective consciousness shared by people universally.



Marek Says: I really like winter, and I'm eagerly awaiting a thick snow cover in the mountains, so I can enjoy trudging through it like a wannabe explorer! I also love this season because I can buy two of my favourite winter fruits, currently in season: persimmons and apples. As for vegetables, I really like making cauliflower soup. It brings back many happy childhood memories and it's a delicious meal!

Mandcy dit: Joyeux Noël à tous ! Je vous souhaite à tous et bonnes fêtes et vous présente mes meilleurs vœux. Cette année, je vais faire un Noël provençal, je vais donc préparer 13 desserts. Avec bien sûr la bûche de Noël, mais aussi le champagne, les huitres et les coquilles saint-Jacques. Et, vous comment allez-vous passer Noël? Mangez beaucoup pendant les fêtes et profitez bien. On fera tous régime en janvier.



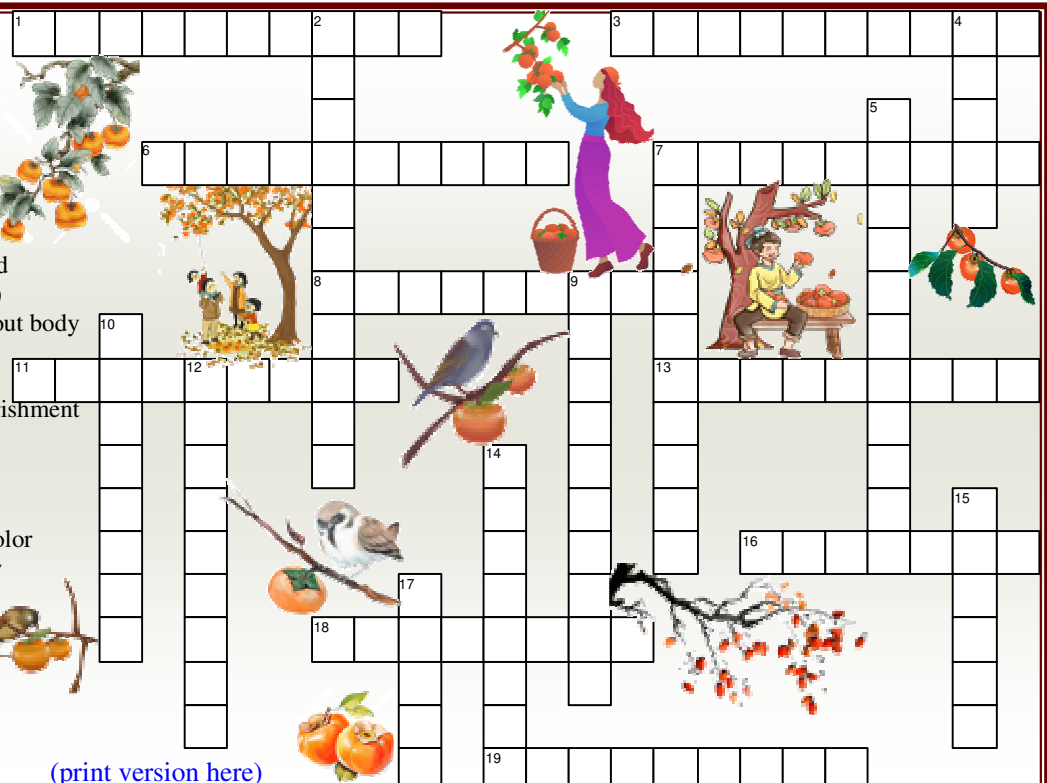
Play A Game! Find the answers on P1

ACROSS

- 1 drawn or taken in
- 3 based on something
- 6 keep, stop from happening
- 7 1,000 years
- 8 transform from liquid to solid
- 11 preceding an event (2 words)
- 13 relating to the lower part of out body
- 16 the characteristics of the surface of something
- 18 found in food, provided nourishment
- 19 absolutely necessary

DOWN

- 2 acting together
- 4 having a strong or striking color
- 5 slows down the rate of decay
- 7 with restraint or control
- 9 sour or bitter taste
- 10 relating to speech sounds
- 12 found in the eyes' retina
- 14 not suitable as food
- 15 painful muscle contraction
- 17 extreme, outstanding



(print version [here](#))

Choose suitable phrasal verbs using the prepositions or adverbs up, down, over and out from the box on the right to complete the passages below.

Passage 1:

I'm _____ with you always telling me to _____ when I'm trying to be serious! This is important and I think you should _____ and _____ to what I'm saying. I'm trying to _____ some important issues we have to _____ and you need to _____, and listen to what I'm saying!



Passage 1:

- 1. fed up
- 2. shut up
- 3. sit down
- 4. lighten up
- 5. listen up
- 6. bring up
- 7. iron out

Passage 2:

Do you think Alice will _____ at the party tonight? I know she has to _____ early tomorrow morning to prepare for a job interview. She doesn't want to be _____ again. She felt so _____ the last time when she _____ she didn't get the job and she cried for a week before she _____ her disappointment.



Passage 2:

- 1. get up
- 2. find out (past)
- 3. turn down (past)
- 4. turn up
- 5. get over (past)
- 6. let down

Passage 3:

Ron and his wife decided to _____ for a change. Joan was _____ from cooking every day and needed to _____ of the house before she had a mental _____. When she insisted that they _____ for dinner that night, Ron got on-line to _____ if any of the local restaurants had a table available at such short notice. Fortunately, their favorite restaurant had a cancelation and there was a free table available that evening. The night _____ to be a great success, even though they _____ more if their savings _____ than they had expected to.



Passage 3:

- 1. check out
- 2. get out
- 3. eat out
- 4. use _ up (split and past)
- 5. go out
- 6. wear out (past)
- 7. turn out (past)
- 8. break down

ABRUPTLY

C **S** **O** **P** **H** **I** **S** **T** **I** **C** **A** **T** **E** **D** **O** **I** **N** **T**

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P **E** **N** **E** **T** **R** **A** **T** **I** **N** **G** **E** **D**

Last Month's Puzzle Solution

ACROSS

- 1 suddenly without warning
- 5 increasingly complex or refined
- 10 audible sounds (not necessarily words)
- 12 the rate of recurrences
- 14 putting together
- 16 put into words
- 17 create social ties
- 18 unaware, lacking information
- 19 almost all, in essence
- 20 passing through

DOWN

- 2 a group of sea animals
- 3 comprise, make up
- 4 comprehensible, understandable
- 6 opposite
- 7 of the present time
- 8 marvelous, amazing
- 9 sociable, warm and friendly
- 11 final, concluding
- 13 in the place of (often a parent)
- 15 produced, created

Don't forget... Our SPECIAL 1+1 Campaign offer! Up to 50% off!!
 See our notice board, or ask Junko in our office, for the details.