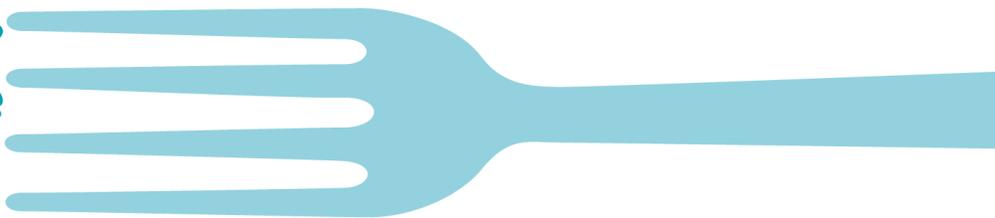


Harvest of the Month



December



Pears



Pick:

- Choose pears that are fragrant and free of blemishes and soft spots.
- Pears come in various colors and skin textures; the color does not indicate ripeness.

Store:

- Ripen firm pears at room temperature. To speed up the ripening process, place in a paper bag with a banana.
- Place ripe pears in a plastic bag in the refrigerator and enjoy within a few days.

Prepare:

- Wash and enjoy this on the go snack. No need to peel! The skin provides a good source of fiber!

Nutrition Info

One medium pear has 100 calories.

Pears provide vitamin C and fiber.

Fun Facts

When a pear tree is planted, it takes 5 to 7 years before it will start producing fruit!

Pears ripen from the inside out and they ripen best once picked.

There are more than 3,000 varieties of pears grown in the world. The most popular pear in the United States is the Bartlett Pear.

Did you know that pears don't float like apples do?

Uses

For a quick snack, slice pears and serve with peanut butter.

Serve pears on your next cheese or appetizer platter.

Place pears on a grilled cheese sandwich. Works especially well when made with brie or gouda cheese.

Family Friendly Activities

Examine different varieties of pears and ask your child to use descriptive words to compare the differences in taste, shape, size, smell, color and texture.

Hold a cooking contest. Who can develop the best pear recipe in under an hour using only six ingredients?

Harvest of the Month

Vanilla Pear Sauce

Serves 10 (1/2 cup per serving)

Ingredients:

- 10 pears, cored and chopped
- 1/4 cup water
- 1 Tbsp. lemon juice, optional to prevent browning
- 1 tsp. cinnamon
- 1/2 tsp. vanilla

Directions:

In a saucepan, combine pears, water, lemon juice, cinnamon and vanilla. Cover and cook over medium heat for 15 to 20 minutes, or until pears are soft. Allow to cool; mash with a fork or potato masher. For a smoother texture, puree or blend. Serve as you would applesauce!

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org!

Nutrition Facts

Serving Size 1/2 cup (186g)
 Servings Per Container 10

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 28g 9%

Dietary Fiber 6g 24%

Sugars 18g

Protein 1g

Vitamin A 0% • Vitamin C 15%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Color a Pear!

