

# Harvest of the Month



Month



Pears



## Pick:

- Choose pears that are fragrant and free of blemishes and soft spots.
- Pears come in various colors and skin textures; the color may 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 in the United States is the Bartlett Pear.

Did you know that pears don't float?

## 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

## Hearty Pear Oatmeal

Serves 6 (1 cup per serving)

### Ingredients:

- 3 Bosc pears, cored and chopped
- 2 cups old-fashioned oatmeal
- 1 tsp. ground cinnamon
- 6 Tbsp. brown sugar
- ½ cup raisins
- 4 cups water
- ½ cup toasted pecans

### Directions:

In a large glass bowl, combine pears, oatmeal, cinnamon, brown sugar, raisins and water. Microwave on high for seven minutes or until pears are tender. Divide between six bowls; top with pecans.

For more information on Farm2School & Foot Steps to Health visit [www.getactivewisconsin.org](http://www.getactivewisconsin.org)!

## Nutrition Facts

Serving Size 1 cup (320g)  
Servings Per Container 6

Amount Per Serving

Calories 350    Calories from Fat 80

% Daily Value\*

Total Fat 9g    14%

Saturated Fat 1g    5%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 10mg    0%

Total Carbohydrate 63g    21%

Dietary Fiber 9g    36%

Sugars 32g

Protein 7g

Vitamin A 0%    • Vitamin C 6%

Calcium 6%    • Iron 15%

\*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!

