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?

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?
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!