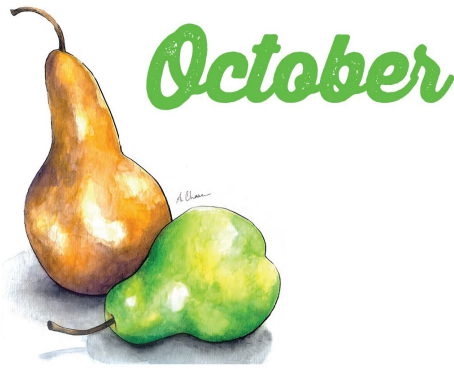


# HARVEST *of the* MONTH PEARS



We are featuring fresh, healthy, locally grown pears in school lunches this month. Can you taste the difference?

Pears are a good source of Vitamin C and dietary fiber, as well as complex carbohydrates for long lasting energy. They are low in calories, and have no fat, cholesterol, or sodium. They can contribute to healthy blood pressure, good cholesterol levels, and weight maintenance.

## Healthy Serving Ideas

- Leave the skin on (washed, of course)! It adds flavor, crunch, and nutrition. If you slice them, sprinkle with lemon juice to prevent browning.
- Slice pears and add them to salads.
- Make Pear Quesadillas with pepper jack cheese, or cheddar cheese and thinly sliced pears on a whole wheat tortilla.
- Blend a pear with half cup of ice, apple juice, and milk with a touch of cinnamon for a breakfast smoothie.
- Slice pears in half, sprinkle with brown sugar and cinnamon and bake at 350 for 30-45 minutes.

## Where to Find Fresh Pears in Massachusetts

An excellent list of farmstands, farmers markets, and stores that carry locally grown pears can be found online at: <http://bit.ly/MAPickYourOwn>

## Fun Facts

Pears used to be called butter fruit for its soft, butter-like texture.

Pear trees can grow up to 40 feet tall.

The Bartlett pear variety is America's favorite pear.

The wood from pear trees is used to make musical instruments and furniture.

*Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state. To learn more about Harvest of the Month, visit [www.massfarmtoschool.org/hotm](http://www.massfarmtoschool.org/hotm)*

## Harvest of the Month Book Club

Pre-School: *Are We Pear Yet?* by Miranda Paul

Elementary: *Too Many Pears* by Jackie French

High School: *Food Anatomy* by Julia Rothman



*Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.*



## Pear Pointers

Look for pears without bruises.

Pears are ripe when the area near the stem feels soft when pressed.

Pears ripen best at room temperature..



Look for our November newsletter featuring kale next month!