



Child Nutrition Corner – Food Inspires

Our September/October promotion is titled “Parasail with Pears”. We plan to offer a variety of pears.

1. Pear is a type of deciduous tree that belongs to the family of roses.
2. There are over 3000 varieties of pears grown around the world.
3. A standard-size pear tree can grow to 40 feet tall.
4. You cannot judge a pear by the color of its skin. Although a few varieties of pears change from green to yellow as they ripen, others do not change colors at all. The best way to determine ripeness is to check the part of the fruit near the stem. If the flesh gives when you press it gently, then the pear is ready to eat.
5. Pears ripen best when they are already plucked from the tree. If the pears you bought from the supermarket are not yet fully ripe, you can leave them at room temperature until they ripen. Once ripe, pears need to be stored in the refrigerator and consumed within three days.
6. Although it might be tempting to peel a pear when you find some brown spots on it, don't. Some pear varieties undergo russeting, which is naturally occurring and will not alter the fruit's taste or flavor.
7. Like apples and bananas, sliced pears are very prone to browning when exposed to oxygen. To slow down the oxidation process, you can dip the pears in a solution of water and lemon juice.
8. Pear wood is useful in making furniture and kitchen utensils as well as smoking meats.
9. The phytonutrients found in the skin of the pear is three to four times the amount contained in the flesh. Thus, to optimize the benefits you get from the fruit, eat if fresh and unpeeled.
10. You will rarely get an upset stomach when you eat a pear because its low acid level is very gentle on the digestive system. In fact, the ancient Greeks used it as a remedy against nausea.



Come and enjoy pears with us. Check the [menu](#) to find out when we will offer this delicious fruit. They will be offered when you see orchard fruit on our menus.

Roxann Roushar
Director of Child Nutrition