

# Harvest of the Month



## October Pears



The fruit that comes in second place as the most popular fruit in the US is pears (apples take first place). Because of their many varieties and growing seasons, pears are available fresh and in abundance for most of the year including winter, when many other fruits are out of season.

- A Pear is a Good Source of:
  - Fiber - great for liver and digestive health
  - Potassium - helps body tissues and cell function
  - Vitamin C - a powerful antioxidant for your immune system
  - Vitamin K - aiding bone and brain health
  - Copper - coats inflammation and keeps nerve cells healthy



### Did You Know?

1. Pears grow on trees and come in a variety of shapes, sizes, and colors, including green, golden yellow, and red.
2. The peel is good to eat and has many nutrients, but do not eat the seeds.
3. Pears have an antioxidant called "glutathione" that is known to help prevent cancer, high blood pressure, and stroke!
4. The first pear tree originated in present-day western China.

### Ways to Prepare Plums

**Raw, Bake, Poach, Sauté, Pickle**



### Breakfast Pear Parfait

#### Ingredients:

- 2 cups of cooked oatmeal
- 1 pear, chopped
- 1 cup low-fat vanilla yogurt



#### Directions:

1. Put 1 cup of oatmeal into 2 small bowls.
2. Add half of the chopped pears on top of the oats.
3. Top each bowl with 1/2 cup of low-fat yogurt.
4. Mix if desired.



### Cobb Salad with Pears

#### Ingredients:

- 2 canned pear halves
- 6 cups mixed baby salad greens
- 1/2 tablespoon parmesan cheese
- 1 1/3 cup carrots (grated)
- 3 tablespoons walnuts



#### Dressing:

1. 1/4 cup pear juice
2. 1/4 teaspoon honey
3. 1/4 teaspoon dijon mustard
4. 1 dash salt and black pepper
5. 1/4 teaspoon extra virgin olive oil

#### Directions:

1. For the dressing, mix pear juice, vinegar, honey, mustard, salt, pepper, and olive oil in a blender.
2. Put mixed greens in a large mixing bowl and mix the dressing in thoroughly.
3. Add the chopped pears, walnuts, and grated carrots and toss lightly.
4. Portion out 1 cp of salad for each serving, and top with 1/2 teaspoon of grated parmesan cheese.

