



NUTRITION &
FOOD SERVICES
NOBLESVILLE SCHOOLS

TAKE A TASTE

At Home

Pears

Fun Facts about Pears:

- December is National Pear Month! Pears are among the most cultivated and most popular fruits in the world, dating back to 5,000 B.C.!
- The pear Oregon's Official State Fruit. Pears from Oregon and Washington make up 88% of the pears you see in the grocery store year-round.
- A little known fact about the pear is that it is one of the few fruits that does not ripen on the tree. The pear is harvested when it is mature, but not yet ripe. When left at room temperature, it slowly reaches a sweet and succulent maturity as it ripens from the inside out.

Check the neck for ripeness daily, by applying gentle pressure to the neck, or stem end, of the pear with your thumb. If it yields to pressure, then it's ripe and ready to eat!



Pear Uses from
Firm to Ripe

Q: Where do
fruits go on
vacation?
A: Pear-is.

<u>Firm</u>	<u>Ripe</u>
• Bake • Grill • Poach • Sauté • Grate for Slaw	• Slice • Soup • Can • Blend for juice and smoothies

Pear Nutrition:

- Pears rank higher than almost any fruit when it comes to **dietary fiber**, with 6 grams or 21% daily value in just one pear. Fiber is extremely valuable for the gastrointestinal tract and the helpful bacteria that live there! Fiber plays a crucial role in maintaining balance, digestion regularity, and reducing the risk of colorectal cancer. Dietary fiber also slows digestion in the upper gastrointestinal tract, so you feel fuller longer, and slows absorption of sugars, reducing sugar spikes and cravings.
- Pears contain a network of **phytonutrients** – antioxidants concentrated in the peel. Pears packs a punch with polyphenols (especially flavonoids, like anthocyanins), anti-inflammatory terpenoids, and vitamin C that fend off damaging free radicals that can cause cancer, heart disease, and brain dysfunction!
- Eating less saturated fat, added sugar, and sodium may **reduce risk for chronic illnesses**, such as heart disease, high blood pressure, and weight gain. Eating one pear each day can help increase nutrient intake while decreasing saturated fat, cholesterol, added sugars, and sodium!
- About 80% of Americans do not meet recommendations for fruit consumption. The 2020-2025 Dietary Guidelines recommend all Americans consume 1.5-2 cups of fruit each day for better health and longevity. **Pears are available year-round!** Simply eating one medium-sized pear each day meets half this requirement!



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Types of Pears:

The pears grown in Oregon and Washington have many subtle and different flavors and textures. In brief:

- Anjou – refreshingly sweet and juicy with a hint of citrus
- Red Anjou – aromatic, juicy, fresh and sweet
- Bartlett – signature pear flavor with abundant juice
- Red Bartlett – juicy and sweet with a floral essence
- Bosc – crisp and woody with a honey sweetness
- Comice – succulent, buttery, and exceptionally sweet
- Concorde – crunchy and earthy with a hint of vanilla
- Forelle – crisp, tangy, and refreshingly sweet
- Seckel – bite-sized, crunchy and ultra-sweet
- Starkrimson – aromatic, moist and sweet with a floral essence



Try It at Home!

Cinnamon Cranberry Baked Pears



Ingredients:

- 2 ripe pears
- 3 tablespoons walnuts, chopped
- 2 teaspoons honey or brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon dried cranberries

Directions:

1. Cut the pears in half lengthwise. Scoop out the seeds with a spoon or melon baller.
2. Place pears in a baking dish. Fill centers with chopped walnuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
3. Sprinkle each half with cinnamon and cranberries.
4. Bake at 350F for 25-35 minutes or until pears are soft when poked with a fork. Serve warm.

Refrigerate leftovers within 2 hours.