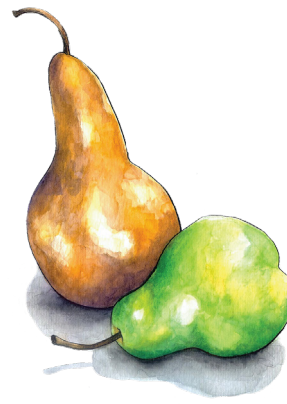


HARVEST of the MONTH PEARS



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.
- Make pear chips - heat oven to 250°F, slice pears thinly and place on baking sheet. Bake for one hour, flip the slices over, and bake for another hour.
- Make pear quesadillas with pepper jack cheese, or cheddar cheese and thinly sliced pears on a whole wheat tortilla.

Where to Find Local Tomatoes

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

Fun Facts

Every pear in the U.S. is picked by hand. The Edicott pear tree in Danvers, MA is America's oldest fruit tree. It was planted between 1623 and 1649.

At-Home Activity

Visit the below link to download a workbook to learn about the Pear Life Cycle. You'll find worksheets for (K-2):

- labeling the different parts of the life cycle
- drawing & writing about seeds, trees, and fruit
- pear coloring pages
- pear math sheets

<http://bit.ly/Pear-Activity>

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

Harvest of the Month Book Club

Elementary: *Are We Pear Yet* by Miranda Paul

Middle: *Growing Good Food* by Anne Flounders

High School: *Who Really Feeds the World* by Vandana Shiva



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.



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

November Preview:
Kale!