



Pears are fun to learn about and even more fun to eat!

Pears grown in the Pacific Northwest states of Oregon and Washington are called USA Pears, and this booklet will give you cool ideas for snacks to make at home using pears. Along the way, the USA Pear Buddies will give you hints and tips so you can become an exPEARt!

Let's be healthy.

It's important to eat enough fruits and vegetables, and pears can help you do just that. Pears come in a variety of colors, shapes and sizes, and they all taste a little bit different. Pears are an excellent source of fiber and a good source of vitamin C, with only 100 calories per serving. And, they're sodium-free, fat-free, and cholesterol-free. That's a lot of nutrition in one sweet and juicy package!



Kitchen Safety



WASH YOUR HANDS WITH WARM WATER AND SOAP, AND WASH THE PEARS IN COLD WATER.

Using a Knife

- Get an adult's permission before you begin. Some knives are more kid-friendly than others!
- Always grip the knife by the handle and cut away from your body.
- 3 Never run or joke when you are working with a knife!
- Don't set the knife near the edge of a table, and make sure you return it to a safe place when you're finished using it.
- 5 If you accidentally drop a knife, don't try to catch it-just get out of the way!





SKILLED SELECTION Pick a Pear

A ripe pear is a sweet pear.

Guess what? Pears don't actually ripen on the tree. The pear is harvested when it is mature, but not yet ripe, and, if left at room temperature, it slowly ripens from the inside out.

It may take a few days and a little patience, but it's fun to check each day to see how a pear changes as it ripens!

Check the Neck!

The best way to see if a pear is ripe is to Check the Neck: Apply gentle pressure to the neck of the pear (near the stem) with your thumb. If it's slightly soft, it's ripe. Easy, isn't it?

There are a few varieties of pears that change color as they ripen. For example, a green Bartlett pear changes to yellow when it's ready to eat.



For Ripeness

To core a pear means to remove the center part of the pear where the seeds are.

Pear Buddy Tip!

When you buy an unripe pear, take it home and set it on the counter or in a fruit bowl, but don't put it in the fridge if you want it to ripen! Being cold will slow the ripening process.

To chop an ingredient means to cut it into bite size or smaller pieces.

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To toss means to mix ingredients together by not just stirring, but by gently turning the ingredients over each other.

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Pear Party Salsa

Ingredients

- 1 Comice pear, cored and finely chopped
- 1 apple, cored and finely chopped
- 2 kiwis, peeled and finely chopped
- 1 orange, peeled and finely chopped
- 2 tablespoons honey
- 1 teaspoon lemon juice Cinnamon graham crackers

Directions

Combine pear, apple, kiwi and orange in a medium sized bowl. Pour honey and lemon juice over fruit and gently toss. Scoop up mouthfuls of fruit salsa using cinnamon graham crackers.

Serves: GOOD OF

Materials 처

Paring knife Measuring spoons Cutting board

Fruit peeler Slotted spoon

Medium sized bowl

Pear Buddy Tip!

dip cut pear slices or chunks into lemon juice to keep them from browning. That way they stay fresh and yummy looking!



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PEAR PLACE Where USA Pears are Grown

The Pacific Northwest has just the right climate and fertile soil to grow the world's best pears. For Oregon and Washington's 1,600 pear growers, tending pear trees is a way of life. Many orchards have been in families for generations, and will continue for many more. The growers make sure to take good care of the land and trees yearround to nurture the pears.

In the spring, pear trees have beautiful blossoms with little white flowers. In the summer, the flower petals fall off and the blossoms grow into small pears, which grow throughout the summer until they are ready to be picked in the late summer and early fall. Harvest time is very busy for pear growers, but their work doesn't stop when the pears have all been picked! Throughout the winter after harvest is finished, the growers have to prune their trees to keep them healthy and get ready to do it all over again!







A Pear for All Tastes

EACH PEAR VARIETY HAS A DISTINCTIVE CHARACTER, TEXTURE, AND FLAVOR, TRY THEM ALL TO FIND YOUR FAVORITES!



Green Anjou

Green Anjous can be easily recognized by their "egg" shape. They are sweet, refreshing and stay green even when fully ripe.



Red Anjou

Red Anjou pears are similar in flavor to Green Anjous. They are recognized for their beautiful dark red coloring!



Forelle

Forelles are known for their smaller size and unique yellow -green skin that is naturally decorated with red freckles! They are crisp, tangy and refreshingly sweet!



Seckel

Seckels are bite-sized, crunchy, and ultra-sweet! Also called "sugar pears," they are green with a dark red blush.



Comice

Comice pears are especially sweet and have a nice round shape. They are usually green and sometimes have a red blush in spots.



Bartlett

The Bartlett is the most familiar variety of pear! They are very juicy, and their skin changes from green to bright yellow when they are ripe and ready to eat.



Red Bartlett

Red Bartlett pears turn a gorgeous bright red as they ripen and have a smooth, sweet, and juicy flesh. They taste very similar to yellow Bartlett pears.



Bosc

Bosc pears are deliciously crisp and have a distinctive honeysweet flavor. You can easily identify them by their long necks and cinnamon brown color.



Starkrimson

The Starkrimson pear is named for its brilliant crimson red color, which brightens as it ripens. It is juicy, has a sweet flavor, and is great for snacking.



Concorde

The Concorde pear is known for its tall, elongated neck and firm, dense flesh. Its skin is golden green and has a nice vanilla-sweet flavor!



Which one is your favorite?





Directions

In a small bowl combine the vanilla vogurt and strawberry preserves. Set aside. Thread the fruits by alternating the pears, bananas, pineapple and strawberries onto the skewers.

Serve the fruit skewers with a dollop of the strawberry sauce on the side.

Pear Budd

If you're interested in more pear recipes, visit www.usapears.org. You can also learn more about pear growers, get nutrition facts and play online games!





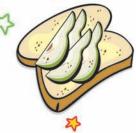


Snack Attack!

TRY THESE OTHER GREAT SNACK IDEAS!

Pear Chnamon Toast

Toast bread in a toaster, and microwave thinly sliced pears until tender. Place pears on top of toast and sprinkle with cinnamon for a healthy breakfast or snack!





Cut pears into thick slices or use halved and cored pears, and place in a bowl. Sprinkle cinnamon on top and microwave or bake until pears are tender. Serve warm with granola.



Pear French Fries

Ask an adult to help you use a French fry cutter or a knife, and slice firm pears into french fry shapes. Serve these healthy treats raw with peanut butter or other nut butter, yogurt, or other sauce for dipping as an after-school or anytime healthy snack!



Place pear chunks in the bottom of a clear glass. Add layers of plain or vanilla low-fat yogurt, granola, and more pears for an amazing breakfast or snack!

Pear, Cheese and Cracker Snacks

Pears add a sweet taste and texture to cheese and crackers! Slice pears and layer whole grain crackers with pears and cheese.







Ingredients

- 1 Bartlett or Anjou pear
- 8 teaspoons peanut butter or other nut butter
- 4 teaspoons strawberry preserves
- 8 slices whole grain wheat bread

Directions -

Use a flower-shaped cookie cutter to cut each slice of bread. Cut washed pear in half, and remove the core. Chop into larger pieces. Spread 1 teaspoon of peanut butter, in a circle, in the center of each of the flowers. Place 3 pieces of pear on the peanut butter on each flower. Arrange the pears so the skin is facing out and the white centers are touching in the middle. Drizzle ½ teaspoon of strawberry preserves in the center and over the pears.

Paring knife Measuring spoons Deep cookie cutter, Squeeze bottle flower-shaped (optional)

Pear Buddy Tipi

USA Pears are harvested in the late summer and early fall, but thanks to modern storage techniques, they are available much longer. In fact, you should see them in stores nearly year-round!





Pear Bureau Northwest was established in 1931 by Pacific Northwest pear growers as a non-profit marketing organization to promote the fresh pears grown in Oregon and Washington. Pears from these two Northwest states are sold under the USA Pears brand.

For more information about USA Pears, including family-friendly recipes, tips for kids and online games featuring fresh pears grown in Oregon and Washington, visit www.usapears.org.



