



Pears

GRAZING BOARDS

for kids

in partnership with





The Pear Bureau Northwest was established in 1931 as a non-profit marketing organization to promote, advertise and develop markets for fresh pears grown in Washington and Oregon. Pears from these two Northwest states are distributed under the USA Pears brand. Combined, Washington and Oregon comprise the nation's largest pear producing region. They produce approximately 84% of all fresh pears grown in the United States.

The nearly 800 grower families and represented by the Pear Bureau Northwest take pride in their ability to produce top-quality fresh USA Pears for the world market. Fresh pears are a delicious and popular fruit choice among consumers of all ages and worldwide consumption of USA Pears is increasing every year.

Like the fruit itself and the landscapes on which the trees sit, the people who grow pears come in a wide variety of sorts, from all kinds of backgrounds. Some growers were born to be fourth-generation

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



farmers, while others stumbled into orchard life much later. There are growers for whom the many hats they wear make the job fun, and ones who work hard in the summer to spend those slow winter months with their families. But what all of them share is a passion for growing the best pears possible, whether that's continuing the tradition of heirloom varieties from a century ago or using the newest technology to prune a pear tree that grows more fruit, more efficiently.

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 and sweet with a floral essence



Like many fruits, the flesh of cut or peeled pears will eventually brown. This natural oxidation process won't affect the taste or quality. However, to keep your pears looking appetizing and to prevent browning, dip them in a mild solution of 50% water and 50% lemon juice!



How do you know your pear is ripe? Check the Neck™: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's ripe.





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The PEARfect Kid-Friendly Grazing Board

A quality grazing board is filled with different colors, flavors, and textures. They are overflowing with snack foods and are visually pleasing. The same thing goes for kid-friendly charcuterie boards!

Why do we think grazing boards are great for kids? The first is that you are giving them a choice. You are setting out different food options and allowing them to choose what they want to eat. They are also an easy way to change things up around meals and snacks! And one more thing, grazing boards are never the same. They are meant to be switched up, making snack time more fun! There are really endless possibilities! Sometimes just a presentation that looks different and unique can spark an interest in new foods. If you are hosting a themed party or a gathering for a holiday, grazing boards are a great way to feed guests. And the grazing board can serve as a decoration for your party! We often say that a good grazing board should be used as your centerpiece! Same is true for a kids gathering!



We believe that any favorite kid snack works for a kid-friendly grazing board. Like adults, children love to see their favorite treats on a tray! Just remember to mix in some vegetables and fruits (especially pears) in order to encourage them to enjoy healthy options as well!

Pears are PEARfect for Kid-friendly Grazing Boards

We all know that kids grow at rapid rates which means that they have higher nutrient needs. Pears offer high amounts of fiber and contain Vitamin C. Plus, they are also cholesterol and fat-free. Not only are pears good for kids, they enjoy eating them. After all, they are usually one of the first “foods” they are introduced to as babies.

Pears are a great finger food for kids. They can also use slices of pears instead of bread for cheese and meat toppings.

Why Make a Grazing Board for Kids

They are visually pleasing. Kids usually eat with their eyes first. So when they see a colorful and fun grazing board filled with different shapes, textures and snacks, they tend to want to try the food.



Finger foods are bite-sized and fun. Usually food items on a grazing board are smaller and easier for kids to grab and hold. This is the chance to add healthier foods (think all kinds of fruits and vegetables) that they sometimes won't eat.

The options are limitless. You can make and add as much as you want. You can make them for any occasion or just as an everyday snack.



How to Make a Grazing Board Kid-Friendly

Decide on a theme and color scheme. In this book, we have four great options to get your creative juices flowing.

Choose a board or platter: round, square, rectangle etc.

Depending on your theme, you can find theme-specific boards to use. Decide if you want sweet or savory foods or a bit of both. However, don't forget the pears! Make sure to include easy to grab and eat finger food options. Especially things that you know kids love. Create focal points with cute or colorful dip dishes and containers. It is important to fill these with snacks or dips and place them on the board. When building the board, start with food items that need to be in bowls or dishes. Create small groups of food items all over the board. Use smaller items to fill any gaps.

There are no rules. And the best part is that you get to make it your own and share it with those you love!





Pears need to ripen at room temperature, so leave them on the kitchen counter or on the dining room table to enjoy their beauty as they ripen. Placing pears in a paper bag will help them ripen faster.



The United States is one of the largest producers of pears in the world, and Oregon and Washington produce 84% of the nation's fresh pear crop.



Birthday

A birthday grazing board is a creative and fun way to display all the bright colors, yummy treats and fun decorations to celebrate someone's big day. It's a great way to bring the food to life, and it doubles for table decoration!

what we used

1. USA Pears
2. Sprinkled White Chocolate Pear Slices
3. Grapes
4. Salami
5. Cheese Cubes
6. Ice Cream Cone with Raspberries
7. Ice Cream Cone with Blackberries
8. Mini Cupcakes
9. Yogurt Covered Pretzels
10. Sprinkled Cake Pops
11. Vanilla Wafers
12. Colorful Marshmallows
13. Cheese and Caramel Popcorn
14. Chocolate Bars
15. Cookies

other ideas

- Small Birthday Cake
- Sprinkled Donuts
- Chocolate Kisses
- Gummies
- Lollipops
- Gumballs
- Jelly Beans





Valentine's

Valentine's Day is a holiday filled with love and joy. We wanted to pack our grazing board with rose-shaped meats and heart-cut cheese slices accompanied by several festive red and pink candies. And of course, pears! On a day meant to celebrate love, your kids will appreciate the time and gesture you put into putting this board together.

what we used

1. USA Pears
2. Rose-shaped Salami
3. Cheese Cubes
4. Heart-shaped Cheese Slices
5. Crackers
6. Mozzarella Balls
7. Conversation Hearts
8. Red Gumballs
9. Red Hots
10. Pink Starbursts
11. Red Licorice Lollipops
12. Caramel Corn
13. Strawberry Wafers
14. Raspberries
15. Strawberries
16. Chocolates
17. Heart-shaped Mini Waffles
18. Yogurt Covered Pretzels
19. Pink Rock Candy

other ideas

- Heart Shaped Cookies
- Pink + Red M&Ms
- Pink and Red Jellybeans
- Pretzels
- Rice Krispie Treats





Halloween

Halloween is filled with treats, and we think it is fun to have a boo-tiful grazing board that the kids can enjoy before and after a night of trick or treating. You can easily create a ghoulish treat for all the little ghosts and goblins. Remember, it's all in the details. Go the extra mile and create items like ghost-shaped cheese slices, Oreo spiders, mummy pears to With some little decorative touches, your classic grazing board turns into a spooktacular spread.

what we used

- | | |
|-------------------------------|------------------------------|
| 1. USA Pears | 14. Colorful Caramel Popcorn |
| 2. Mummy Pear | 15. Celery Monsters |
| 3. Popcorn Balls | 16. Ranch Dip |
| 4. Bat Shaped Veggie Chips | |
| 5. Pepperoni | |
| 6. Cheese Cubes | |
| 7. Candy Bars | |
| 8. Cheese Popcorn | |
| 9. Pretzels | |
| 10. Chocolate Ice Cream Cones | |
| 11. Carrots | |
| 12. Oreo Spiders | |
| 13. Pumpkin Clementines | |

other ideas

- Candy Corn
- Cheez Its
- Crackers
- Blackberries
- Grapes
- Mini Pumpkins
- Bell Peppers





Game Day

Whether you are tailgating at the stadium or hosting a viewing party, everyone can agree that a grazing board is a great way to enjoy game day favorites. It is sure to be a crowd pleaser!

what we used

1. USA Pears
2. Salami
3. Mini Pepperonis
4. Cheese Cubes
5. Cheese Slices
6. Popcorn
7. Peanuts
8. Cheez Its
9. Peanut Butter Stuffed Pretzels
10. Cookies
11. Pretzel Rods
12. Wavy Chips
13. Coin Chip Carrots
14. Celery
15. Breadsticks in Cheese Dip
16. Red Licorice
17. Cotton Candy
18. Honey Mustard
19. Chili Lime Ranch Dip

other ideas

- Cracker Jacks
- Popcorn
- Soft Pretzel Bites
- Mini Corn Dogs
- Bubble Gum
- Wings





Pear Turkey Centerpiece

While you are prepping your Thanksgiving dinner, have the kids make the table centerpiece. These Pear Turkeys are simple for them to make and no adult supervision is needed. Everyone will adore these festive little gobblers!

what we used

1. USA Pears
 2. Cheese cubes
 3. Salami
 4. Pepperoni
 5. Blackberries
 6. Raspberries
 7. Red pepper
 8. Carrot
- Cocktail Skewers
 - Toothpicks
 - Candy Eyes +
1 T Melted
Chocolate to Affix



turn for step-by-step directions



Step 1:
Gather the ingredients



Step 2:
Add skewers to pear before loading with ingredients. We found it helpful to use smaller cocktail skewers about 4 inches long.



Step 3:
Load meat, cheese and berries on skewers. Be creative with patterns and colors!



Step 4:
Cut pepper for the gobbler in a tear drop shape and cut triangular carrot for the beak.



Step 5:

Attach candy eyes to pear with melted chocolate. Insert toothpick in pear for beak and gobbler.



Step 6:

Attach beak and gobbler via toothpicks.



Step 7:

Add toothpicks to back for stability.



Step 8:

Place carrot coins at the bottom of your pear as feet.



Thanksgiving Platter

Our Thanksgiving food art display will delight every member of your family from the kids to the grandparents. And when they see these delicious pears, kiwi, and carrots, they'll be delighted to dig in, too! We'll show you how to use fruits, veggies, pretzel sticks, and candy to make festive Thanksgiving-themed treats.

what we used

1. USA Pears
2. kiwi
3. Pretzle Rod coated in White Chocolate
4. Orange, Yellow and Red Pepper
5. Carrots
6. Blackberries
7. Cantaloupe
8. Candy Eyes
9. White Chocolate
10. Sprinkles



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Pears

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