



# Harvest of the Week

Volume 1, Issue Asian Pears

## Health and Learning Success

Eating a balanced diet rich in fruits, vegetables, and whole grains supports a healthy body and mind.

**Harvest of the Week** helps your family explore, taste, and learn about eating more fruits and vegetables and being active every day.

## Let's Get Physical!

Walk with your child to the grocery store. Do arm curls with lighter grocery bags on the way home.

If you drive to the grocery store, park the car farther away from the store entrance than you normally do.

## Fun Facts

Pears are one of the earliest cultivated fruit trees dating back to Roman Empire.

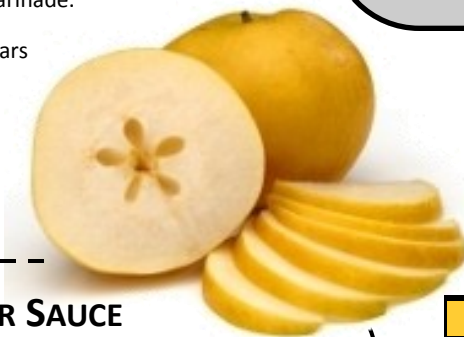
There are more than 3000 different types of pears grown in the world.

Asian pears are usually shared when eaten, and are given as gifts to guests.

# Asian Pears

## HELP YOUR CHILD EAT HEALTHY

- Make a simple snack by removing the core of a pear half and filling the center with peanut butter or low-fat yogurt. Sprinkle with granola and cinnamon and enjoy.
- Make your spinach salad extra sweet by adding Asian pear slices.
- Asian pears can provide extra flavor when used in a meat marinade.
- Ground Asian pears can be used as a sweetener in place of sugar.



## PEAR SAUCE

Makes 4 servings

### Ingredients:

6 cups pared, cored, cubed Asian pears  
1/4 cup water  
2 TBS sugar  
1 tsp lemon juice  
Touch of nutmeg



### Directions:

1. Combine all ingredients in 2-quart microwave-safe bowl.
2. Cover and microwave on high for 6 minutes.
3. Stir mixture, and continue microwaving for 6-8 more minutes or until tender.
4. Puree mixture in a blender or food processor.

Recipe may also be made on a stove.

1. Combine all ingredients with the water increased to 1/2 cup in a saucepan. Bring to a boil.
2. Cook over medium heat 10-15 minutes, or until tender.
3. Puree mixture in a blender or food processor.

Source: CDC Fruits and Vegetables

## PRODUCE TIPS

- Choose fragrant, firm, and unbruised fruit with little to no brown spots.
- Asian pears do not soften like traditional pears; they are ready to eat once purchased.
- Asian pears keep for 1 week at room temperature or up to 3 months in the fridge.
- Keep pears from turning brown after cutting by dipping them into 1 TBS 100% apple juice mixed with 1 cup water.

# HealthWise

Recommended daily amount of fruits and vegetables:

	Children, Ages 5-13	Teens and Adults
Fruits	1-1 1/2 cups	1 1/2-2 cups
Veggies	1 1/2-2 1/2 cups	2 1/2-3 cups

- ✓ Ask your child what he/she learned about Asian Pears at school.

Asian Pear Nutrition Facts	
Serving Size	1 medium pear
<b>Calories</b> 50	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 9g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	