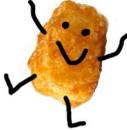


Red Clay Café Special Event Calendar

Check out Red Clay Café's Special Event Calendar!
Whether a special event, holiday or a national food day, we don't want you to miss all the fun happenings in the cafeteria!

Follow us @RedClayCafe on Facebook, Twitter & Instagram!

December is National Pear Month!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------------|---|----------|--|
| 3 | 4 | 5 National Chocolate Chip Cookie Day!  | 6 | 7 New at High School! Loaded Tater Tot Bows  |
| 10 New at High Schools! Build-your-Own Burger Bar!  | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 Holiday Meal!  | 20 | 21 Have a safe and happy holiday season! |
|  | <i>Holiday Break</i> | | |  |



Pear Month



Where in the World?

The pear is native to “the old world” from Western Europe, North Africa and Asia. About 3000 different kinds of pears are grown worldwide.

Pear Nutrition Facts

Pears are not only delicious, they are packed with vitamins and minerals! Pears are an excellent source of Vitamin C and fiber and pack a huge nutritional punch at only 100 calories per medium sized pear. Pears also contain phytonutrients and antioxidants in which a variety are found in the colored skins of differing pear varieties.



Joker's Corner

What kind of fruit helps a lawyer?



Answer: A PEAR-alegal

Pear & Blueberry Cobbler

Ingredients:

1 C. Fresh Blueberries
2 Pounds Peeled and Chopped Fresh Pears (~4 Medium-Large Pears)
1/3 C. Sugar
1/2 tsp. Cinnamon

Topping:

1 1/4 C. Rolled Oats
1 C. All Purpose Flour*
1/2 C. Brown Sugar
1 tsp. Ground Cinnamon
1 1/2 C. Butter

Directions:

Preheat oven to 375 degrees F. Spray or butter a 9x9" baking dish. In a large bowl, toss pears, blueberries, cinnamon and sugar. Dump fruit into the baking dish and spread evenly across the bottom of the pan. In separate bowl, combine oats, flour, cinnamon and sugar. Add the diced butter and using a fork or pastry cutter, cut butter into the crumb mixture. Sprinkle the topping over the pear mixture and bake for about 45 minutes, or until topping is golden brown.

**Substitute flour with All-Purpose whole grain flour to add healthy fiber to your desert!*

Fun Pear Facts

- Most pears in the USA come from Oregon or Washington State, where they are picked by hand.
- The USA is one of the largest producers of pears in the world.
- Unlike most fruit, Pears ripen best off of the tree; they are picked when mature and ripen best at room temperature.
- Pears belong to the rose family, along with Raspberries and Blackberries.



Produce Tips:

Select unblemished fruit that is firm to the touch. If purchasing Bartlett pears, make sure to buy them when they are green. Pears ripen best once off of the tree. Once your pears are ripe, store them in the refrigerator for up to 5 days to slow the ripening process.