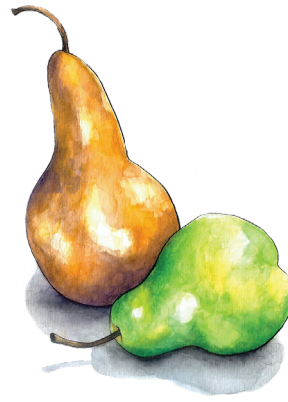


HARVEST of the MONTH PEARS



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:
massfarmtoschool.org/hotm

Pears give kids lots of energy, helping them learn and play all day long!

Healthy Serving Ideas

Ginger Roasted Pears, Beets, and Potatoes: Mix 2 chopped pears, 1 chopped sweet potato, and 2 chopped beets with 1 Tbsp. chopped ginger, and 1 Tbsp. chopped garlic, and 1 Tbsp. olive oil. Spread on baking sheet and bake for 15 minutes at 400°F.

Sautéed Pears: Chop pears, cook on the stove with cinnamon and a little water until soft. They are a great addition to muffins, pancakes, or yogurt.

Pear Quesadillas: Sprinkle pepper jack or cheddar cheese on a whole wheat tortilla and add pears (sliced thin), heat in a pan over medium until cheese is melted.

Fun Facts

- Every pear in the U.S. is hand picked.
- The Endicott pear tree in Danvers, MA is America's oldest fruit tree. It was planted between 1623 and 1649.
- Pears ripen off the tree, after they are picked.

At-Home Activity

Learn about the Pear Life Cycle

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>

Where to Find Local Pears

MassGrown Map (MDAR)

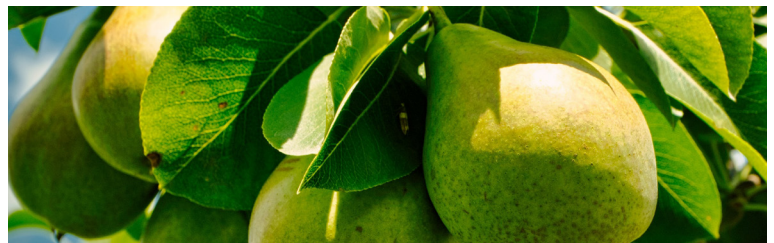
<https://massnrc.org/farmlocator>

Harvest of the Month Book Club

Gr. K-5: [Are We Pear Yet](#) by Miranda Paul

Gr. 6-8: [Growing Good Food](#) by Anne Flounders

Gr. 9-12: [Who Really Feeds the World](#) by Vandana Shiva



MASSACHUSETTS



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

Pear Purchasing 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.

November Preview: Kale!