

November Fruit – Pears!

Fun Facts:

- There are many different varieties of pears including Bartlett, Bosc, Asian, Anjou, and Red Pears!
- The reason for such diversity is because pear flowers usually require pollen from a different variety of pear in order to make fruit. Pear seeds can be as diverse as human children!
- Pears ripen from the inside out. To check for pears ripeness gently press near the stem. When it feels soft, it is ready to eat!
- A ½ cup of pears is a great source of Vitamin C and fiber, which supports healthy digestion and immune system.

<https://snap-ed.michiganfitness.org/wp-content/uploads/pears-family-newsletter-2016.pdf>
<https://web.extension.illinois.edu/apples/facts.cfm>

https://foodhero.org/sites/foodhero-prod/files/posters/pears_product_poster_0.pdf



Forelle pears served at PSD cafes!



Pocket Fruit Pies

Ingredients

- 4 whole wheat tortillas (8 inch)
- 2 pears (medium)
- 1/4 teaspoon cinnamon (ground)
- 6 teaspoons brown sugar, packed
- 1/8 teaspoon nutmeg (ground)
- 2 tablespoons milk (fat-free)
- sugar (optional)

Directions

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Chop fruit into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on a greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degrees in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

Recipe adapted from Kansas State University

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pocket-fruit-pies>

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