



Harvest of the Month

Pears

Nutrition Information

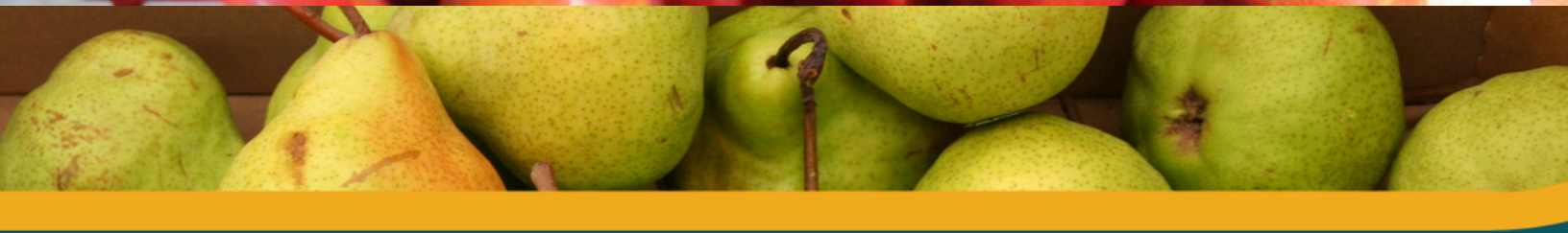
- Pears are a good source of fiber.
- Pears also give you potassium, and vitamin C.
- They're about 100 calories each and have no fat or salt.

Selection and Storage

- Pick pears with smooth skin that feel firm but not hard.
- Pears ripen after they're picked, so let them sit on the counter until slightly soft at the stem.
- Keep ripe pears in the fridge so they last longer.

Fun Facts

- Washington is the #1 pear state in the U.S. Most pears come from the Wenatchee and Yakima Valleys.
- There are over 3,000 types of pears in the world, but some of the most common ones in the U.S. are Bartlett, Bosc, and Anjou.
- Pears are picked when they're ready but actually ripen best after they're off the tree. That's when they get sweet and juicy.
- Pears are related to apples and quinces, all members of the rose family



Recipes*

- [Fruit and Nut Butter Pita Pockets](#) - ICN Recipe Box
- [Oven-Baked Pancakes With Spiced Pears](#) - ICN Recipe Box
- [Whipped Cream Cheese and Pear Toast](#) - ICN Recipe Box



*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many USDA-standardized recipes written specifically for pears, they're commonly served as fresh slices or cups, in parfaits or smoothies, baked with cinnamon, or blended into compotes and crisps. If you create or modify a pear recipe, confirm the crediting and nutrition by checking yields in the Food Buying Guide and running the recipe through USDA's Recipe Analysis Workbook (RAW). You can also start from a standardized fruit recipe in the ICN Child Nutrition Recipe Box (for example, Fruit Crisp or Fruit Salsa) and substitute pears, then re-analyze using [USDA's Recipe Analysis Workbook \(RAW\)](#).

Educational Resources

- [Pears Educational Flyer](#) - WSU Extension
- [WA Grown Food Kit for Pears : materials and info](#) - WSDA
- [Discover Foods: Pears](#) - SNAP-Ed. EatFresh.
- [Pears Family Newsletter](#) - SNAP-Ed Michigan Fitness Foundation.
- [Pears Handout](#) - USDA Household Foods List.
- [Pear Handout](#) - Montana State University Extension.

Sourcing

- Use the [Washington Food and Farm Finder](#) to find pears and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If pears aren't available in your area: Substitute other locally grown fruits in season, such as apples, or plums/pluots.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).