

# Taste Test: Pear



Pears are a delicious autumn fruit with a thin, yellow-green skin and a butter-soft, creamy white inside. There are thousands of different types of pears, all with different shapes, colours, taste, and sizes. The flavour of a pear is very light and sweet, somewhat like the taste of an apple. Pears commonly grow in places like China, Italy, and the United States.

## Food Fact

Pear is high in fibre and a source of vitamin C, K and folate.

### How to Choose:

- Look for a pear that is firm but not too hard.
- Make sure the skin is intact and free from bruises or mold.
- The colour of the pear does not need to be uniform.
- Brown speckles on the skin are just fine and might even indicate a more intense flavour.

### How to Prepare:

- To eat a pear, run it under cold water to wash, then bite into it, eating the skin and all.
- Or, cut up the pear into slices. To prevent slices from naturally browning, you can squeeze a little bit of lemon or lime juice on the pear or wrap the pear tightly with plastic.

### How to Store:

- Keep pears at room temperature to let them ripen.
- Once ripe, store pears in the fridge for up to 1 week.

### Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try pears again?

YES     NO

## Ideas for Serving Pears:

- Pears cut into bite-sized pieces are a delicious addition to oatmeal, granola, or smoothies.
- Make fruit kebabs with bite-sized cubes of pear, banana, strawberries, and grapes.
- Drizzle honey on chopped pear and warm in the microwave for 20 seconds. Sprinkle pear with chopped walnuts and cinnamon. Serve warm.

### Pear PB & J Bouquet

Makes 8 servings

#### Ingredients:

- 1 large pear
- 8 tsp peanut butter
- 4 tsp strawberry preserves
- 8 slices whole grain wheat bread

#### Directions:

1. Use a circular-shaped cookie cutter (or even an upside-down cup) to cut each slice of bread.
2. Wash the pear and dry it with a paper towel. Cut the pear in half, and remove the core. Cut each pear half into four slices, then cut each slice into five pieces. You will use only the centre three pieces of each slice, so go ahead and eat the end piece!
3. Spread 1 teaspoon of peanut butter in a circle in the centre of each bread slice.
4. Place 3 pieces of pear on the peanut butter on each slice of bread. Arrange the pears so the skin is facing out and the white centres are touching in the middle.
5. Drizzle ½ teaspoon of strawberry preserves in the centre of each slice of bread and over the pears.



Recipe adapted from <https://usapears.org/recipe/pear-pb-and-j-bouquet/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>EaTracker.ca. Recipe Analyzer. [http://www.eatracker.ca/recipe\\_analyzer.aspx](http://www.eatracker.ca/recipe_analyzer.aspx) Accessed August 15, 2012.