



# THE MONTHLY NEWS

## Food Services Department



Exeter Township School District

[www.exeter.k12.pa.us](http://www.exeter.k12.pa.us)

# December 2018

**Pears are nutrient-dense and an excellent source of fiber.** One medium pear provides 6 grams of fiber, which is about 24% of the Daily Value, and can help you feel satisfied longer between meals and snacks. According to the [Dietary Guidelines for Americans](#), the average American adult should consume approximately 2 cups of fruit per day. One medium-sized pear is approximately one cup, so you're halfway there with just one pear!

Pears are a good source of vitamin C. Each medium-sized pear contains approximately 7 mg, which is 10% of the daily value. Pears also naturally contain phytonutrients and other antioxidants, a variety of which are found in the vibrantly colored skins of the different pear varieties. Choose a mix of colors for an added benefit.

Pears are sodium-free and each medium-sized pear offers about 190 mg of potassium, which is 5% of the Daily Value. If sodium-free pears replace higher sodium foods in the diet, overall sodium intake may be reduced. Although it's a disease associated with many factors, high blood pressure risk may be reduced by a diet low in sodium.

### A Ripe Pear is a Sweet Pear

A little known fact about the pear is that it is one of the few fruits that does not ripen on the tree. The pear is harvested when it is mature, but not yet ripe, and, if left at room temperature, it slowly reaches a sweet and succulent maturity as it ripens from the inside out.

As tempting as the pear might be right from the grocer's stand, a little bit of patience and know-how will ensure the pear reaches its peak flavor.

So, how do you know when the pear has ripened to sweet and juicy perfection?

While a Bartlett's skin color brightens as it ripens, most varieties of pears show little change in color.

The best way to judge ripeness for non-Bartlett varieties is to Check the Neck™: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's ripe. Easy, isn't it?



## Monthly Fun Recipe



### Pear and Pumpkin Snack Cake

- Ingredients:
- 2 TBS Unsalted Butter
  - 2-1/2 cups peeled, cored & diced ripe Pears
  - 2 TBS granulated sugar
  - 3/4 tsp ground cinnamon
  - 1 cup all-purpose flour
  - 1/2 cup whole wheat pastry flour
  - 1 cup brown sugar, packed
  - 4 oz (1 stick) unsalted butter cut in 1/2" pieces
  - 3/4 tsp salt
  - 3/4 cup pumpkin puree
  - 1/3 cup sour cream or greek yogurt
  - 2 TBS granulated sugar
  - 1-1/2 tsps cinnamon
  - 1/2 tsp nutmeg
  - 1/4 tsp ground cloves
  - 1/4 tsp ground allspice
  - 3/4 tsp ground ginger
  - 1 tsp baking soda
  - 2 eggs

Preheat oven to 350 degrees. Butter an 8-inch by 8-inch baking dish. Melt butter in a sauté pan over medium high heat. Add diced pears and sauté until they begin to brown slightly around the edges, 3 to 5 minutes. Add sugar and cinnamon and continue to cook until golden brown and lightly translucent, about 3 more minutes. Remove from heat and cool. Combine all-purpose and whole wheat flour, brown sugar, butter, and salt in the bowl of an electric mixer fitted with the paddle attachment. Beat on low speed until the mixture resembles coarse meal with butter pieces no larger than pea-sized. Measure out 3/4 cup and set aside. Whisk pumpkin, sour cream or Greek yogurt, sugar, cinnamon, nutmeg, cloves, allspice, ginger, and baking soda together. Add to remaining dry mixture in mixing bowl and beat until smooth. Add eggs one at a time, mixing well to incorporate. Pour batter into pan and evenly distribute caramelized pears over the top in a single layer. Cover pears with reserved dry mixture. Bake until golden brown and pulling away slightly from the edges of the pan, about 45 minutes or until a tester inserted in the center comes out clean. Cool on a rack 20 minutes before running a knife around the inside edges of the pan to loosen. Recipe courtesy of <https://usapears.org/recipe/pear-and-pumpkin-snack-cake/>

Here's what you need to do to ripen your pears:

Leave firm, unripe pears at room temperature so that they can ripen.

Check the Neck for Ripeness daily, by applying gentle pressure to the neck, or stem end, of the pear with your thumb.

If it yields to pressure, then it's ripe and ready to eat!

Once the pear is ripe, it can be refrigerated to slow the ripening process and saved for use up to five days later.

All Information courtesy of <https://usapears.org>

*We serve Breakfast!!!  
Every Day, Every School*

Just a reminder that we serve Breakfast at each school every day. Menus are available on the District website.



### Fun Facts – December Food Holidays

- December 1<sup>st</sup> – National Pie Day
- December 3<sup>rd</sup> – National Peppermint Latte Day
- December 4<sup>th</sup> – National Cookie Day
- December 6<sup>th</sup> – National Gazpacho Day
- December 7<sup>th</sup> – National Cotton Candy Day
- December 8<sup>th</sup> – National Brownie Day
- December 11<sup>th</sup> – National Noodle-Ring Day
- December 13<sup>th</sup> – National Cocoa Day
- December 17<sup>th</sup> – National Maple Syrup Day
- December 19<sup>th</sup> – National Oatmeal Muffin Day
- December 21<sup>st</sup> – National Hamburger Day
- December 24<sup>th</sup> – National Egg Nog Day
- December 26<sup>th</sup> – National Candy Cane Day
- December 27<sup>th</sup> – National Fruit Cake Day
- December 28<sup>th</sup> – National Chocolate Candy Day