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?

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 tsp baking powder
- 1 cup brown sugar, packed
- 2 TBS unbleached all-purpose flour
- 2 tsp pumpkin puree
- 1 tsp vanilla extract
- 2 eggs
- 1/2 cup milk
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cloves
- 1/2 tsp ground allspice
- 1/2 tsp ground ginger
- 1 tsp baking soda

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 1/3 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/

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**Fun Facts – December Food Holidays**

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

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**Monthly Fun Recipe**

**Pear and Pumpkin Snack Cake**

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- 1/2 tsp baking powder
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- 2 eggs
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Recipe courtesy of https://usapears.org/recipe/pear-and-pumpkin-snack-cake/

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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.

All Information courtesy of https://usapears.org