



# PICK OF THE MONTH

October 2010

## Pleasing Pears!

### Nutrition information:

#### One small pear

86 calories  
1g protein  
23g carbohydrates  
5g fiber  
176mg potassium  
34 IU vitamin A  
6.2mg vitamin C  
13.3mg calcium

#### Four fruit salad

1 cup seedless grapes  
1 cup orange segments  
1 large apple, cut into slices  
1 large pear, cut into slices

Toss all ingredients together.

#### Serving Suggestions:

1. Serve on lettuce lined plate with a scoop of low-fat cottage cheese and light dressing.
2. Serve in glass dish with scoop of sherbet on top.
3. Serve in bowl topped with yogurt.

#### Nutritional Information

76 calories, 3.1g fat, 207mg sodium, 12g carbohydrates, 3g fiber, 2g protein

Recipe from U.S. Centers for Disease Control and Prevention

In historical records, Homer called pears "Gifts from the Gods." Today, pears rank second to the apple as the most popular fruit in the U.S. Pears are a relative of the apple and are often eaten and used in the same way.

Pears are the number one fruit crop in Oregon. Interestingly, Oregon grows enough pears that, if laid end to end, would wrap around the world twice!

Common varieties of pears include the Anjou, Bartlett, Bose, Comice, Forelle and Seckel. The colors also range from green to golden yellow to red. Each variety features a subtle difference in taste and texture as well.

Pears are a healthy choice! They contain no cholesterol, sodium or saturated fat, and they offer a quick source of energy. They are nutrient-dense providing fiber, potassium and vitamin C. One medium pear contains 4 grams of dietary fiber!



## Selection and preparation

**Look for smooth** unblemished skin and avoid pears when they are bruised, cut or have dark spots. Purchase pears when they are slightly green because they ripen faster off the tree. Ripe pears will be slightly soft near the stem when you gently push on them. A firmer fruit is best for baking.

**Unripe pears** will ripen in a paper bag for two to three days at room temperature, or stored in a ventilated fruit bowl in a cool, dark place. Once ripened, store in a plastic bag in the refrigerator for up to three days.

**A pear's skin** is full of fiber, so don't peel it. A pear is a great snack by itself, but here are some other tips to bring pears into your diet:

- Use pears baked or broiled for a light tasty dessert
- Try a kabob! Thin pear slices, slices of low-fat cheese, turkey and grapes on a skewer for an appetizer or side dish
- Toss chopped pears into chicken, tuna, green or cottage salad
- Add pear slices to your next grilled chicken sandwich

*Check your local grocery store or fruit stand for fresh pears today!*

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