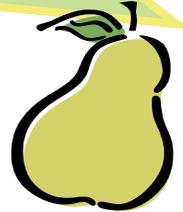


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Pears



You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week

What fruit is a odd-shaped relative of the apple?

PEARS!

- ◆ Avoid pears with bruises or cuts and dark brown colors; purchase pears while slightly green because they ripen better and faster off the tree.
- ◆ Look for pears with a smooth unblemished skin; ripe ones will yield slightly to gentle pressure at the stem end.
- ◆ Place unripe pears in a paper bag at room temperature for 2 to 3 days then refrigerate for up to 3 days.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- ◆ Pears are a good source of fiber, potassium and vitamin C.
- ◆ They contain no fat, sodium or cholesterol.
- ◆ A typical serving size is 1/2 cup sliced, which contains 50 calories.

Did You Know?

Pears are in season in Connecticut from August through December.

PICK YOUR OWN

- ◆ **Dondero Orchards**
529 Woodland Street
South Glastonbury, CT
(860) 659-0294
www.DonderoOrchards.com
- ◆ **Lyman Orchards**
Rte 147 & 157
Middlefield, CT
(860) 349-1793
www.lymanorchards.com

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268
860.429.3325 www.ehhd.org

Try these delicious, nutritious and healthy recipes!

Asian Pear Salad

INGREDIENTS

- ♦ 1 papaya
- ♦ 1 guava
- ♦ 1 Asian pear
- ♦ 1 lb spring salad mix
- ♦ 4 Tbsp low fat vinaigrette of your choice

DIRECTIONS

Cut papaya and guava into thin slices. Julienne the Asian pear. Put the spring mix salad in a large bowl. Toss with dressing. Mound on a platter. Place fruit slices on top and serve.

Baked Pears with Lemon Sauce

INGREDIENTS

- ♦ 4 pears (medium-sized), peeled
- ♦ 3 Tbsp. Water
- ♦ 1 Tbsp. Honey
- ♦ 2 whole cloves
- ♦ 2 tsp. cornstarch
- ♦ 3/4 cup skim milk, divided
- ♦ 1 cinnamon stick
- ♦ 1/2 tsp. grated lemon rind
- ♦ 3 Tbsp. lemon juice
- ♦ 1 Tbsp. honey

DIRECTIONS

Cut pears in half lengthwise and remove cores. Arrange pears, cut side up, in a glass baking dish. Combine water, honey and cloves and pour over pears. Cover and bake at 350° for 25 to 30 minutes. Serve warm pears with 1/4-cup chilled lemon sauce.

To make sauce combine cornstarch and 1/4-cup milk in a small saucepan, stirring until blended. Add remaining 1/2-cup milk and cinnamon. Simmer over medium heat 6 to 8 minutes, stirring constantly, until mixture is thickened. Reduce heat and stir in remaining ingredients until well blended. Remove from heat and cool to room temperature. Cover and refrigerate 3 hours or until thoroughly chilled. Remove cinnamon stick before serving.

Source for recipes: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!