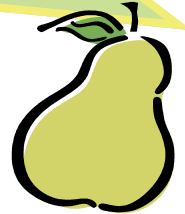


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Pears



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

[www.ehhd.org](http://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](http://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](http://www.DonderoOrchards.com)
- ◆ **Lyman Orchards**  
Rte 147 & 157  
Middlefield, CT  
(860) 349-1793  
[www.lymanorchards.com](http://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](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://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!**