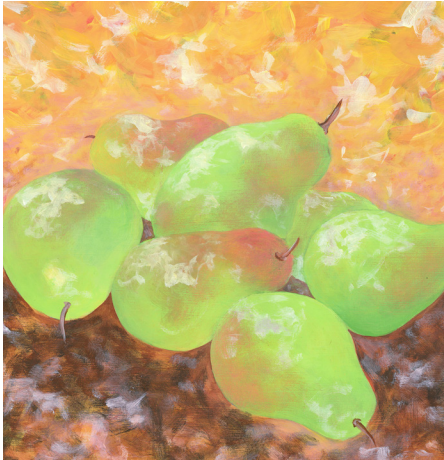


Harvest of the Month



PEARS



TASTE - MAKE - LEARN

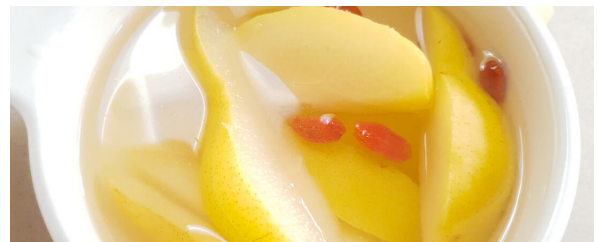
The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some pear on its own.
2. **MAKE** a dish with pears using the recipe and ingredients provided.
3. **LEARN** about pears with the information below.

Fun Facts

- European pears are picked before they ripen. Leave firm, unripe pears at room temperature and check for ripeness by gently pressing the neck of the pear near the stem. If it yields to pressure, it is ready to eat!
- Asian pears ripen on the tree and are best eaten firm. They can be stored in the refrigerator.
- During the Edo period in Japan, pears were often planted near gates and in the corner of properties to ward off evil and misfortune.
- Pears are a great source of fiber which helps with digestion!

Global Connection



Pears are used to support the lungs in traditional Chinese medicine. A simple soup made with pear, honey, and other herbs and spices has been used for centuries to help treat coughs and other respiratory illnesses. It is likely that compounds in the peel of pears give them some of their healing power, so be sure to leave the peel on if you make the soup!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Got CalFresh? Sometimes DHHS needs to call CalFresh recipients. Make sure your name is included in your voicemail greeting so that DHHS can legally leave a detailed message.