



# Helping Mississippians live happier, healthier lives!

## PEARS

Pears have a mild flavor and soft texture, making them a great snack.



Pears can be eaten in many ways. Add sliced pears to a salad, eat them as a snack, or bake them.

### SELECT

- Buy pears when they are in season. In Mississippi, this season is from August to November.
- Bartlett pears change color as they ripen and are good for baking. Anjou pears are best eaten raw. Bosc pears are found most often in local grocery produce sections.
- Choose firm pears with soft necks or hard pears that can ripen on the counter.
- Choose ripe pears; overripe pears can have soft spots or holes.

### STORE

- Store ripe pears in the refrigerator, where they can last up to a few weeks.
- To speed up ripening, put pears in a paper bag or bowl on the counter with an apple or banana.

### PREPARE

- Wash pears under cool water before using.
- No need to peel; simply cut in half, scoop to remove the core, and slice lengthwise or dice.
- Pears can be eaten raw, sautéed, poached, or baked.



### BENEFIT

- Pears provide important nutrients in the winter months when other popular fruits are out of season.
- Pears are high in vitamin C, fiber, and potassium.

### FUN WITH FOOD

#### CHILDREN CAN HELP:

- Select ripe and ready-to-eat pears.
- Wash the pears before eating or using.
- Arrange pears in a bowl to keep on the counter.

#### CHILDREN CAN LEARN:

- Different ways to prepare and eat pears by watching you cut, grill, sauté, or add pears to recipes like salads, baked goods, or breakfast items.

- To learn more about freezing and cutting pears, visit [HappyHealthy.MS](http://HappyHealthy.MS) and click on Tips and Videos.
  - How to Freeze Fresh Fruits and Vegetables
  - Sharpen Your Knife Skills



ENJOY



## PEAR AND BLUEBERRY CRISP

- 3 pears, fresh
  - 1 cup blueberries, fresh or frozen
  - 1 tablespoon cornstarch
  - 1 cup old-fashioned rolled oats
  - ¼ cup applesauce
  - 2 tablespoons flour
  - 1 tablespoon packed brown sugar
  - ½ teaspoon cinnamon
1. Preheat the oven to 400°F.
  2. Wash your hands well with soap and warm water for at least 20 seconds.
  3. Wash pears, cut off ends, and remove cores, and then cut into ½-inch cubes. Add to 8-by-8-inch baking dish.
  4. Wash the blueberries if using fresh. Add them to the baking dish with the pears and top with cornstarch. Mix the ingredients.
  5. In a small bowl, add oats, applesauce, flour, brown sugar, and cinnamon and mix well. Sprinkle the oat mixture on top of the pear-blueberry mixture. Place the baking dish in the oven and cook for 20 minutes (until juices are bubbling and topping is browned).
  6. Refrigerate leftovers within 2 hours.



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## PEAR CRUMBLE PARFAIT

- 1 medium pear or apple
  - 1 cup whole-grain oats cereal or [HappyHealthy Easy Homemade Granola](#)
  - 1½ cups plain or vanilla, low-fat yogurt
  - ¼ cup chopped pecans (optional)
  - 4 teaspoons honey
1. Wash your hands well with soap and warm water for at least 20 seconds.
  2. Wash the pear and cut it into small pieces. Place four small glasses or wide-mouth jars on the counter.
  3. Add about ⅓ cup pear pieces to each glass or jar.
  4. Add ¼ cup oat cereal or granola to each bowl or glass.
  5. Add ⅓ cup yogurt to each bowl or glass.
  6. Add 1 tablespoon chopped pecans to each bowl or glass.
  7. Top ingredients in each bowl or glass with 1 teaspoon honey and a few more pear pieces.



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