

FRUIT/VEGETABLE OF THE MONTH!

MAY'S FEATURED FRUIT IS THE PEAR

PEAR FACTS:

Pears are sweet, bell-shaped fruits with juicy flesh that have been enjoyed since ancient times. They can be eaten crisp or soft. They were nicknamed "butter fruit" in the 1700s because of their soft, buttery texture. Pears are a part of the rose family.

Pears are native to Asia, Europe, and North Africa. Asian pears were cultivated in China as early as 1134 B.C. In 1620, the first pear tree was planted in North America in the Massachusetts Bay colony.

There are over 3,000 types of pears grown around the world. They vary in size, shape, sweetness, and crispness. The Bartlett is the most popular variety of pear in the United States.

The world's most expensive pear is a Buddha-shaped pear that, as of 2019, sold for over \$9.00 each. These pears look exactly like a Buddha statue, even down to the facial details.

HEALTH BENEFITS OF EATING PEARS:

- Pears are rich in essential antioxidants
- Can boost heart health by improving blood pressure and cholesterol
- Contain beneficial plant compounds that may promote eye health
- May promote digestive health
- May help reduce inflammation and protect against certain diseases
- May reduce risk of type 2 diabetes and stroke
- Have a high water content, which helps you stay hydrated and helps with weight management

WAYS TO ENJOY PEARS:

- Substitute pears for apples in your favorite low-fat cobbler recipe
- Have a delicious fresh pear as a sweet, juicy snack
- Pear slices can change an ordinary salad into a flavorful work of art
- Pears can be a perfect partner for savory dishes
- Try adding thinly sliced pears to a grilled cheese sandwich
- Add a scoop of cottage cheese to a bed of leafy greens and top off with sliced or cubed pears



RECIPE: ALMOND PEAR TART

Total time: 35 mins + cooling
Servings: 8

Ingredients

- Pastry for single-crust pie (9 inches)
- 3/4 cup plus 2 teaspoons sugar, divided
- 3 tablespoons all-purpose flour
- 4 cups sliced peeled fresh pears (about 4 medium)
- 3 tablespoons sliced almonds

Directions

1. On a lightly floured surface, roll dough into a 10-in. circle. Transfer to a parchment-lined baking sheet.
2. In a large bowl, combine 3/4 cup sugar and flour; add pears and toss to coat. Spoon over the crust to within 2 in. of edges. Fold up edges of crust over filling, leaving center uncovered. Sprinkle with remaining sugar.
3. Bake at 450° for 15 minutes or until crust is golden and filling is bubbly. Sprinkle almonds on top; bake 5 minutes longer. Using the parchment, slide tart onto a wire rack to cool.

