

Taste and Teach

July - Pears



Five **Fun Facts** About Pears!

- It takes five to seven years for a pear tree to produce fruit.
- A medium pear provides 16 percent of the daily requirement for dietary fiber.
- The Greek poet, Homer, referred to pears as a “gift from the gods.”
- The pear is one of the few fruits that does not ripen on the tree, so growers pick the fruit when it is mature but green, and not yet ripe.
- Consumers can initiate ripening of pears by storing them at room temperature.

Four **Fun Teaching Ideas!**

- Watch this video on pears from the California Pear Advisory Board: www.youtube.com/watch?v=RsHiAatampM
- Slice a pear in half. Find the stem, core, shoulder, flesh, seeds, skin, and calyx.
- Examine pear fruit cells under a microscope. Observe the sclerenchyma cells, which give pears their unique texture.
- Organize a cooking challenge where students work in teams to create dishes that feature pears as a primary ingredient.

Explore all the great pear resources in this section!