

# HARVEST *of the* MONTH

Seasonal snacks from garden to classroom

## ASIAN PEARS

— November, 2015 —



*Harvest of the Month is a great way for youth and their families to explore, taste and learn about seasonal vegetables and fruits - from the garden, in the classroom, on the plate.*

### FACTS & VARIETIES

The Asian Pear is known for its sweet, juicy taste and crisp, grainy texture. They are native to Japan and China where they have been grown for over 3,000 years. There are thousands of varieties of Asian Pears, but the variety chosen for this month's Harvest of the Month is Olympic, which is reddish-brown in color and more winter hardy than most varieties. Asian pears maintain their crunchy texture and refreshing flavor long after being picked and can last for several weeks or more in a cold, dry place.

### HEALTH & NUTRITION

Asian Pears are a great source of:

Vitamin C  
Vitamin K  
Potassium  
Copper  
Fiber

Asian Pears provide a high level of dietary fiber, which helps to promote healthy blood pressure levels and is essential to intestinal health. In addition to its high fiber content, the Asian Pear provides the body with vitamin K and copper, each of which plays a significant role in both blood and bone health.

### COOKING & EATING

Asian pears are most delicious when eaten raw. They are also great on salads and their sweet flavor makes them a lovely addition to muffins, breads, and soups.

#### ASIAN PEAR SALAD

- 1 cup arugula (or any salad green)
- 1 Asian Pear, sliced
- 2 Tbs nuts, chopped
- Goat cheese, crumbled
- 2 Tbs olive oil
- 1 Tbs lemon juice

On top of the greens, add sliced pears, crumbled goat cheese, and chopped nuts. Dress with olive oil and lemon juice. Enjoy!

### GROWING TIPS

This month's Asian Pears were sourced through the Local Food Hub and lovingly grown on the Saunders Brothers Orchard in Nelson County, VA, where they also grow a host of local apple varieties as well as nectarines and peaches. Asian Pear trees love company and are best grown alongside of one or more other Asian Pear trees in order to produce fruit. We are lucky that Virginia's late annual fall frost date makes it an excellent place to grow Asian Pears.

[CITYSCHOOLYARDGARDEN.ORG](http://CITYSCHOOLYARDGARDEN.ORG)

Harvest of the Month is a program that highlights a locally available crop each month by providing a fresh, healthy snack in all six Charlottesville Elementary Schools. Students also learn about the crop in their schoolyard garden and classroom. Information on crop growing, nutrition and preparation is shared with teachers and families. The goal of Harvest of the Month is to support healthy living skills that strengthen our youth and community.



City Schoolyard Garden is an independent non-profit organization that cultivates academic achievement, health, environmental stewardship and community engagement through garden-based, experiential learning.