



PUT LOCAL ON YOUR TRAY

This month Norris School is celebrating local with:

Pears

OCTOBER



Local Tray Day: Tuesday, October 7th

Fun To Know

1 Love in the Trees!
Pears grow on trees that have heart-shaped leaves.

2 Eat your fiber!
Pears are one of the highest-fiber fruits – a medium fruit has about 6 grams of fiber.



Try something that PEARs up!!

This month our summer meals program will feature local pears! Staff will be preparing some fresh, local, pears on **Tuesday, October 7th**. We included a **Pearfectly** fun recipe you can whip up at home with some local pears of your own!

After tasting the recipe, students will get to vote on whether they **TRIED IT** (it wasn't my favorite), **LIKED IT** (it was good), or **LOVED IT** (it was delicious).

Tasty Tidbit:

Pears are great in desserts as well as in salads and are surprisingly tasty on pizza!

Bring it HOME

Find a farm near you, pick up some produce, and have some fun! Not sure where to go? Visit farmtocommunity.uconn.edu/ to find local products near you.

In the CLASSROOM

Read *Are We Pears Yet?* by Miranda Paul



RECIPE

Cinnamon Spiced Pears:

Ingredients: 4 medium pears • 1/4 C brown sugar • dash of Cinnamon • shake of Ginger • Canola Oil to coat • splash of orange juice

- 1 Wash pears, core and slice each into four equal pieces
- 2 Place pears in hotel pan and toss with orange juice. Add oil and evenly coat the pears. Add the brown sugar, cinnamon and ginger
- 3 Cover the pan tightly with foil and braise for 25 minutes at 350 degrees
- 4 Carefully remove pan from oven and toss the pears to evenly coat with the syrup that has formed.

Serve hot or cold. Recommended with: tossed salad of greens, raisins and sunflower seeds

ACTIVITY

Pear-y fun art!

- 1 Gather pears BEFORE you try them and display them in the center of a room and see how you do at painting still-life with real fruit!
- 2 We just tasted some awesome pears – write a poem about how they tasted!
- 3 Go Think about what a pair of pears might do on an adventure and write a pear story or draw a comic strip!
- 4 Taste test as many different types of pears as you can find, and record how they are different!



Visit *Put Local On Your Tray* online!

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