PEAR TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on pears. Here is some information on pears.

What are Pears?
Pears are sweet, juicy fruits that grow on trees. They have a bell-like shape with a wider bottom and a narrower top. Pears come in different colors like green, yellow, red, and even brown. **Read trivia for the week.**

How Do Pears Grow?
Pears grow on pear trees, which are usually found in temperate climates (places that aren't too hot or too cold). They are grown in countries like China, the United States, and Italy. In the United States, pears are mainly grown in Oregon and Washington. **Read trivia for the week.**

Fun Pear Facts
Pears have been grown for over 3,000 years and were first cultivated in Asia and Europe. There are over 3,000 types of pears grown around the world! Pears are picked when they are unripe and allowed to ripen off the tree. Pears are related to apples and are part of the same plant family! In the story of "The Twelve Days of Christmas", there's a line about a partridge in a pear tree! Washington State is #1 for growing pears and Oregon is #2. **Read trivia for the week.**

Health Benefits of Pears.
Pears are a great source of fiber. They also contain vitamin C. Pears are low in calories, making them a healthy snack. **Read trivia for the week.**

Pears in South Dakota
To grow pears in South Dakota, consider planting cold-hardy varieties like "Luscious" or "Gourmet." Pears bloom quite early, so the crop may be lost to late frosts. Hoversten Orchards in Brandon, South Dakota, and Serendipity Farmstead in Hot Springs, South Dakota, list pears among their grown crops. **Read trivia for the week.**

Farm to School
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HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate
- the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month
- Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with
- the facts for the week and have students share the answer with you throughout the week. At the
- end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

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