



Pick it! Try it! Like it!

PEAR

Pick it!

Choose firm pears with no soft spots and let the pears ripen at home.

Check near the stem daily for ripeness; when the pear yields to gentle pressure, it is ready.

If desired, pears can be stored in a paper bag at room temperature to shorten ripening time.

Once ripe, the pear can be stored in the refrigerator until eaten.

Try it!

Pears make a great snack right off the counter, but can also be used much like apples.

Sliced pears are often used to liven up salads, as a side to sandwiches and as a topping on cereals.

Pears are great baked into cobblers, but also provide great flavor in fruit salsas.

Try sandwiching the fruit slices between graham crackers and peanut butter.

They are tasty glazed, sautéed, poached, and pickled, too.



Bartlett

- Most widely grown of all pears
- Ripens from bright green to a yellow color



D'Anjou

- Fruit is mild-sweet, great for all uses
- Ripens to creamy green, sometimes with red shades



Bosc

- Large with long neck, great for all uses
- Ripens to greenish yellow with cinnamon-colored tint

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Chef Lance White's Pear & Brown Rice Salad



Lance White became a chef in 1995 at the age of 17. Over the past twenty years, he has completed several apprenticeships under the best chefs in Sioux Falls. No matter what he is doing, there are always two things on his mind: food and people. He loves creating personalized, affordable, and delicious meals. Chef to Plate Catering and Concierge's mission is to provide educational, affordable and accessible tools and services to better the health, wellness and vitality of its individuals and families.

Ingredients

- 2 cups brown rice
- 5 cups water
- 2 ea fresh pears
(or 15oz can)
- 1 cup fresh spinach
- 1/2 cup walnut pieces
- 1/4 cup apple cider vinegar
- 1/8 cup honey
- 1/2 cup feta cheese
- 2 tbsp olive oil
- 1 oz balsamic glaze (opt.)



Preparation time: 1 hour

Directions

Bring rice and water to a boil, cover the pot with the lid, lower the heat, and let simmer for 40-50 minutes until tender. While rice is cooking, sauté spinach and pears in saucepan together with olive oil until spinach is wilted and soft. Let cool to room temperature. Once rice is ready, let it sit for 5 minutes and then combine ingredients in a mixing bowl and toss until well mixed. Optional: once salad is plated, add balsamic glaze.

Serve room temperature or chilled.



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