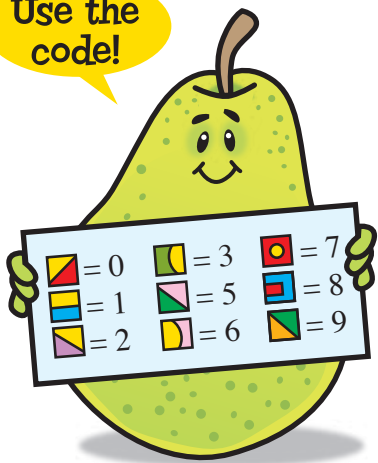


Use the code!



HARVEST OF THE MONTH

PEARS

Did you know...

- There are more than varieties of pears.
- In the United States, % of pears are grown in California, Oregon and Washington.
- Pear trees can produce fruit for up to years.



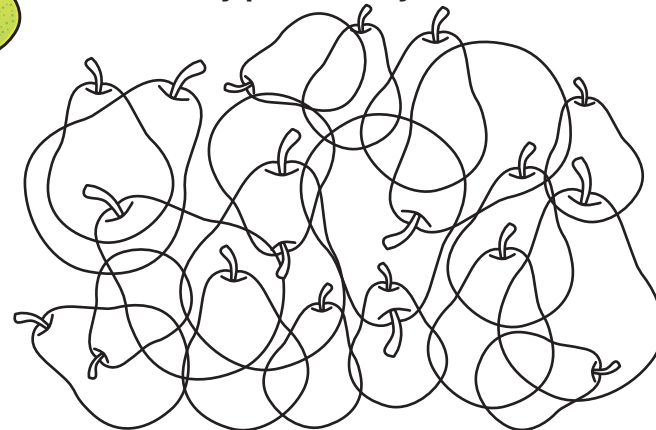
A Slice of History

The ancient Romans grew pears and introduced them to other parts of Europe with the rise of the Roman Empire. Europeans brought the pear to the Americas. They were brought west across the United States by people headed to the 1849 California Gold Rush. **Unscramble the letters to reveal what these gold seekers were called:**

YFTOR-SENRRIN

F _ _ _ _ _ S

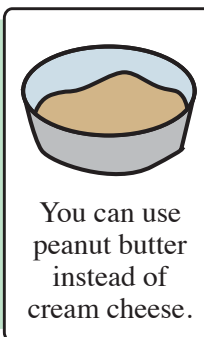
How many pears can you find here?



Su-PEAR Wraps

You'll need:

- one sliced pear
- cream cheese
- lettuce
- tortilla



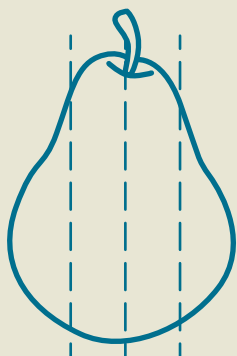
PEAR SCIENCE

Have you ever opened your lunch bag and found your yummy pear slices have turned brown? **Enzymes** in your slice of pear cause this to happen. Foods like apples, potatoes, bananas and pears all have enzymes inside their cells. When these enzymes are exposed to **oxygen** in the air, the flesh of the fruit turns brown. This is called **oxidation**.

STUFF YOU NEED:

- one pear cut into four slices
- one plastic baggie
- one lemon
- small bowl of water
- small plate

Put one slice of pear into a bowl of water, one slice in a plastic baggie, and cover the third slice with lemon juice and leave it out. (You can eat the fourth slice!) Wait for 20 minutes and observe.



Question:

Which slice of pear will turn brown first?

Hypothesis:

(What you think the answer is)

Observation:

Which slice turned brown first?

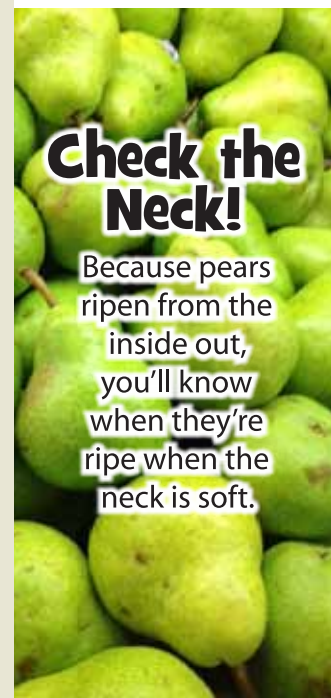
- pear in water
- pear in plastic
- pear with lemon juice

Conclusion:

(What you learned from performing this experiment)

Check the Neck!

Because pears ripen from the inside out, you'll know when they're ripe when the neck is soft.



Content on this page adapted from Network for a Healthy California Harvest of the Month program and www.usapears.com

REMEMBER TO EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGGIES EVERY DAY!

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