

did you know?

- There are over 3,000 varieties of pears worldwide!
- Every pear grown in the U.S. is picked by hand.
- Pears are also known as “butter fruit”, for their soft, butter-like consistency.
- Pears are a very low acidic fruit, making them very gentle on your digestive system.
- March 15th is National Pear Day!



JOKE

Where do fruits go on vacation?

Pear-is!”

PEAR PITAS: MAKES 4 PITA HALVES

INGREDIENTS:

- 2 MEDIUM RIPE PEARS, DICED
- ½ CUP THINLY SLICED CELERY
- ½ CUP HALVED RED SEEDLESS GRAPES
- 2 TABLESPOONS FINELY CHOPPED WALNUTS
- 2 TABLESPOONS LEMON OR PLAIN YOGURT
- 2 TABLESPOONS MAYONNAISE
- 2 TABLESPOON POPPY SEEDS
- 4 PITA POCKET HALVES
- LETTUCE LEAVES

DIRECTIONS:

- In a large bowl, combine pears, celery, grapes and walnuts. In another bowl, whisk yogurt, mayonnaise and poppy seeds. Add to pear mixture; toss to coat. Refrigerate 1 hour or overnight.
- Line pita halves with lettuce; fill each with about ½ cup pear mixture.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups