



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Pear

Lakota: tǵaspáŋpǵhestola



Pick it!

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

Try it!

Pears make a great snack right off the counter and are used much like apples.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Pear

In season:



Fall and
Winter

Lakota: tháspánphestola

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.



Types of Pear

Bartlett: Most common, ripens from bright green to yellow

D'Anjou: Mild-sweet, multi-use, ripens to creamy green sometimes with red shades

Bosc: Large, long neck, multi-use, ripen to greenish yellow with cinnamon-colored tint



Did you know...

Fiber is provided by the skin and pulp of fruits and vegetables. Fiber prevents constipation, helps maintain weight, and lowers risk of diabetes and heart disease.

Like it!

Broiled Pears

Ingredients

- Pears (1 pear = 2 servings)

For each pear half:

- ¼ to ½ teaspoon warmed or softened butter
- ½ to 1 teaspoon brown sugar
- Sprinkle of cinnamon
- Dollop of fat-free vanilla yogurt

Directions

1. Cut pears in half. Using a spoon, scoop the core out of the pear halves.
2. Using a spoon or butter knife, spread a small amount of butter on the pear flesh.
3. Top the butter with the brown sugar using more or less as desired.
4. Bake the pear halves on a baking sheet at 350 degrees F for 7 minutes. Then, if desired, turn on the broiler and let the pear tops caramelize for one more minute.
5. Remove from the pan and top with a dollop of fat-free vanilla yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 90; Fat 1.5g; Cholesterol 5mg; Sodium 10mg; Carbohydrates 19g; Sugar 14g; Fiber 3g; Protein 1g

Breakfast Pear Parfait

Ingredients

- 2 cups oat circle cereal
- 1 pear, chopped
- 1 cup low-fat yogurt

Directions

1. Put 1 cup oat circle cereal into 2 small bowls.
2. Add ½ of the chopped pears on top of the cereal.
3. Top each bowl with ½ cup of low-fat yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 460; Fat 12g; Cholesterol 10mg; Sodium 270mg; Carbohydrates 86g; Sugar 51g; Fiber 12g; Protein 10g

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and videos at
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- Choose firm pears with no soft spots.
- Check near stem for ripeness; ripe when yields to soft pressure.
- Store in paper bag at room temperature to shorten ripening time.
- Ripe pears can be stored in the refrigerator until eaten.
- Pears can be eaten fresh, baked, glazed, sautéed, poached and pickled.
- Slice pears in salads, top cereals or use as a side.
- Pears add flavor in fruit salsas and cobblers.
- Try pear slices and peanut butter with graham crackers.

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Broiled Pears

Ingredients

- Pears (1 pear = 2 servings)

For each pear half:

- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon warmed or softened butter
- $\frac{1}{2}$ to 1 teaspoon brown sugar
- Sprinkle of cinnamon
- Dollop of fat-free vanilla yogurt

Directions

1. Cut pears in half. Using a spoon, scoop the core out of the pear halves.
2. Using a spoon or butter knife spread a small amount of butter on the pear flesh.
3. Top the butter with the brown sugar using more or less as desired.
4. Bake the pear halves on a baking sheet at 350 degrees for 7 minutes. Then, if desired, turn on the broiler and let the pear tops caramelize for one more minute.
5. Remove from the pan and top with a dollop of fat-free vanilla yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 90; Fat 1.5g; Cholesterol 5mg; Sodium 10mg; Carbohydrates 19g; Sugar 14g; Fiber 3g; Protein 1g

Breakfast Pear Parfait

Ingredients

- 2 cups oat circle cereal
- 1 pear, chopped
- 1 cup low-fat vanilla yogurt

Directions

1. Put 1 cup oat circle cereal into 2 small bowls.
2. Add $\frac{1}{2}$ of the chopped pears on top of the cereal.
3. Top each bowl with $\frac{1}{2}$ cup of low-fat yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 460; Fat 12g; Cholesterol 10mg; Sodium 270mg; Carbohydrates 86g; Sugar 51g; Fiber 12g; Protein 10g



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Pear

In season:



Fall and
Winter

Lakota: tháspánphestola

Sampling Display Instructions

Broiled Pears

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1/8 pear, 1 teaspoon yogurt per serving.			
Pears (1 pear=8 servings)	3 pears (6 halves)	4 pears (8 halves)	6 pears (12 halves)
For each pear half			
1/2 teaspoon softened butter	1 Tablespoon	1 1/2 Tablespoons	2 Tablespoons
1/2 teaspoon brown sugar	1 Tablespoon	1 1/2 Tablespoons	2 Tablespoons
Sprinkle of cinnamon	1/4 teaspoon	1/3 teaspoon	1/2 teaspoon
Fat-free vanilla yogurt	2 Tablespoons	3 Tablespoons	1/4 cup

Directions:

1. Cut pears in half. Using a spoon, scoop the core out of the pear halves.
2. Spread a small amount of butter on the pear flesh.
3. Top the butter with brown sugar.
4. Bake the pear halves on a baking sheet at 350 degrees F for 7 minutes. Then, if desired, turn on the broiler and let the pear tops caramelize for 1 or more minute.
5. Remove from the pan and transfer to a warmed slow cooker for transport. Transport yogurt in a cooler with ice.
6. To serve, add a serving size of cooked pear to a small cup and top with a teaspoon of yogurt. Ask taster if they'd like a sprinkle of cinnamon. Provide spoons.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/watch?v=67m-mGN8nKvM



Notes:

- Place 1 uncut pear on the display table as an example.
- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use pears often in their meals. Ask if they could use this recipe for dessert or breakfast.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Breakfast Pear Parfait

Ingredients	24 Samples	32 Samples	48 Samples
Sample: 1 Tablespoon cereal, 1 teaspoon pear, 1 teaspoon yogurt			
Oat circle cereal	1 ½ cups	2 cups	3 cups
Pear, chopped	1	1 ½	2
Vanilla yogurt, low-fat	½ cup	⅔ cup	1 cup

Directions:

1. Wash and chop pear. Transfer to an airtight container for transport. Transport pears and yogurt in cooler with ice.
2. To serve sample, measure 1 Tablespoon cereal into a small cup, top with 1 teaspoon chopped pear and 1 teaspoon yogurt. Provide spoons.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/playlist?list=PLlIdb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Place one uncut pear on the display table as a visual.
- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Only top cereal with pears and yogurt when ready to serve. Ask parent's permission before children may sample.
- Ask them if they use pears often in their meals. Ask if they could use this recipe for breakfast.
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