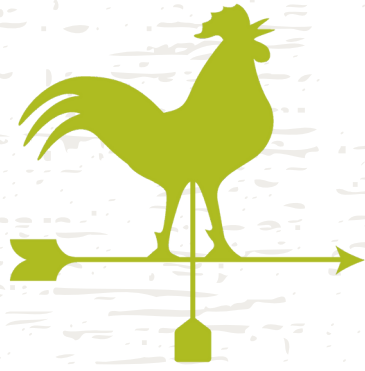


PEARS



ROGUE VALLEY FARM TO SCHOOL Harvest of the Month



DID YOU KNOW?

The first tree fruits (apples, pears, cherries, peaches, prunes and walnuts) were brought across the Plains in covered wagons to Ashland and grown from seeds by the Billings family in the mid-1800s. Pears soon became the number-one orchard crop in the Rogue Valley as growers realized that the region's warm days, cool nights and heavy clay soils are better suited to growing pears than apples.

Stuffed Pears

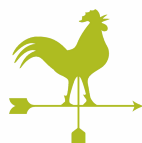


You can learn how to cook pears and stuff them with leftover ingredients in your kitchen, including herbs perfect for the holiday season!

Pears contain plenty of vitamin C to help you stay healthy as the seasons change, so eat up!

Ingredients:

- 2 pears
- 1 small onion
- 2 Tbsp olive oil
- 1 stick of celery
- 2 Tbsp of your favorite fresh herbs
- Salt
- Optional: 1/2 cup of any breadcrumbs/nuts/cheese you have in your kitchen



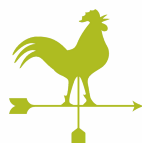
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Kitchen Tools:

- Frying pan
- Medium pot with lid
- Saucepan
- Baking dish or microwave-safe container
- Measuring cups & spoons
- Cutting board
- Knife (ask an adult for help!)

Instructions:

1. [Watch the Cooking Video first!](#)
2. Preheat oven to 350 degrees or skip if using a stovetop or microwave.
3. Get out a frying pan and measuring spoons and add 1 Tablespoon of olive oil into the pan and turn on the heat to medium.
4. Get your knife and cutting board and carefully slice the onion in half using the rainbow technique (watch the video for instructions on how to do this) and remove the skins, then chop the onion and celery using the bear claw technique (watch the video) into small pieces and add to the pan with oil.
5. Remove the leaves of the herbs from the stems and chop into small pieces, then add herbs to the onion and celery and stir. Cook until the onions change from white to see-through, then turn off the heat.
6. Get the 1/2 cup of the extra item you have in your kitchen, either breadcrumbs, nuts or cheese, and add to the frying pan with onions, celery and herbs to make a stuffing-like mixture.
7. Cut pears in half and remove the stems. Using a spoon, dig out the seeds and center.
8. If you like, you can scoop out more of the pear fruit and chop it to add to your stuffing.
9. Select your method of cooking the pears: Oven, Stovetop or Microwave.



Oven Cooking:

1. Place pear halves in a baking dish and drizzle with 1 Tablespoon of oil and sprinkle with salt.
2. Load the center of the pears that you scooped out with the stuffing.
3. Bake for 20 minutes in the oven.

Stovetop Cooking

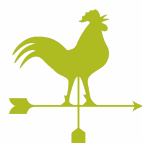
1. You will first need to cook the pears. Place pears in a saucepan with salt and a splash of water on low heat for 10-20 minutes to cook.
2. Once your pears are cooked, load the center of the cooked pears with the stuffing.
3. Heat the stuffed pears in the stovetop pan with a lid until warm.

Microwave Cooking

1. You will first need to cook the pears. Place pears in a lidded container in the microwave for 3 minutes at a time until pears are tender. Test your pears with a fork, it should slide into the pear easily.
2. Once your pears are cooked, load the center of the cooked pears with the stuffing.
3. Heat the stuffed pears in a microwave container for 1 minute.

Once you are finished cooking, let your stuffed pears cool and enjoy them with friends and family!

Explore With Your Tastebuds: Experiment with different herbs and cheeses to find your favorite flavor combination!



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