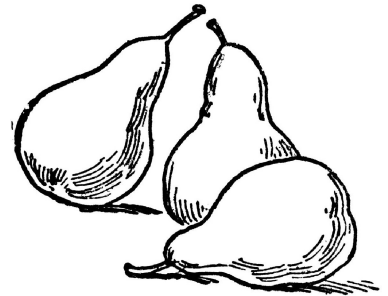


## Stuffed Pears

The Harvest of the Month for November features Pears, the Oregon state fruit! Once soft, try your pear on its own or use the recipe below. 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. The Red Pears today were sourced from Naumes Orchard in Medford.



### Recipe Inspiration

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. The Rogue Valley was also the first and largest red pear growing region!

## Recipe

### Kitchen Tools

*Medium Pot with Lid, Saucepan, Baking Dish or Microwave Safe Container, Measuring Cups and Spoons, Cutting Board, Knife (ask your family first!)*

### Cooking Kit Ingredients

*-2 pears   -1 small onion   -2 Tbsp olive oil  
-1 stick of celery   -2 tablespoons of herbs   -Salt  
\*Extra if you have it: ½ cup of any  
breadcrumbs/nuts/cheese you have in your kitchen*

1. Preheat oven to 350 degrees or skip if using a stovetop or microwave
2. 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
3. Get your knife and cutting board and carefully slice the onion in half using the rainbow technique and remove the skins, then chop the onion and celery using the bear claw technique into small pieces and add to the pan with oil
4. 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

5. Get the ½ 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
6. Cut pears in half, remove the stem, and using a spoon, dig out the seeds and center
7. If you like, you can scoop out more of the pear fruit and chop it to add to your stuffing

### Oven Cooking

8. Place pear halves in a baking dish and drizzle with 1 tablespoon of oil and sprinkle with salt
9. Load the center of the pear that you scooped out with the stuffing
10. Bake for 20 minutes in the oven or follow other cooking directions below

### Stovetop/Microwave Cooking

11. If you're not using an oven, you can place pears in a saucepan with salt and a splash of water on low heat for 10-12 minutes to cook
12. Or you can place pears in a lidded container in the microwave for 3 minutes at a time until pears are tender- test with a fork, it should slide into pear easily
13. Load the center of the cooked pear with the stuffing
14. Heat the stuffed pear on the stovetop pan with a lid until warm or in a microwave container for 1 minute
15. Let it cool and enjoy with friends and family!



**PEARS** are rich in vitamin C and fiber. They are a source of important minerals, including copper and potassium. When you eat a pear, be sure to eat the peel which contains many nutrients, including antioxidants.