

FoodShare's Harvest of the Month

Bundle up! November is here! Time to pull out those extra blankets and wool sweaters that have been packed away for the past few months.

It's also a great time to think about preserving any left over produce by making jams, jellies, and chutneys. Although pears are available year-round, local pears are near the end of their harvest this month. There are many ways to enjoy this delicious fruit! Stew them into a sauce and serve with pancakes, preserve them as a pear ginger jam, poach them and serve as a dessert, or just eat them as is! A good source of fibre, Vitamin C, Potassium, and more, this fruit will be sure to nourish you!

What do you call three pears? A pair and a half!

Did You Know?

- Pears were once referred to as the "gift of the gods".
- Pears are a member of the rose family.
- The scientific name of the pear is *Pyrus communis*.
- There are more than 1000 varieties of pears!
- Pears have been cultivated for more than 3000 years in Asia.
- The first pear tree planted in North America was in 1620.

Science Experiment

You Will Need:

1. Hard unripe green pears
2. Plastic bag
3. Paper bag
4. Plastic container

What to do:

- Place one pear in each sealed bag or container.
- Place the bags or container in similar locations, away from direct sunlight and heat.
- Make and record student predictions of which pear will ripen the fastest.
- Record any daily observations.

www.ehow.com/info_8708675_experiment-paper-bags-plastic-bags.html

November Feature:

Pears



Farm Profile:

Lincoln Line Orchards Smithville, Ontario

Produce Grown: Pears, Plums and Apples

Owned and operated by Peter and Mary Bosman, this family farm has been in existence for more than 40 years. The farm is 66 acres and about 45 acres are in orchard production featuring apples, plums, and pears.

The varieties of pears grown on this farm include Bartlett, Bosc, Flemish Beauty and Anjou. These fruits are typically harvested between August and November.

Tuesdays to Saturdays, it's possible to visit their Farm Market located on the property. They specialize in cider, pies, preserves, and more.

For more information, visit Lincoln Linde Orchard's website:
www.lincolinlineorchards.com.



Raw Pear Sauce

Ingredients:

- 4 pears, roughly chopped
- Handful of raisins
- 1 tsp ground cinnamon
- Pinch of nutmeg
- 1 cup water
- ½ tsp lemon juice

Method:

1. Combine all ingredients in a food processor until smooth.
2. Serve immediately!

Pear Ginger Jam



Ingredients

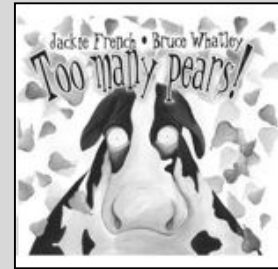
- 3 lbs pears peeled, cored, and cut into ½ inch cubes (About 8 cups)
- 1 tbsp peeled and finely grated fresh ginger
- 1 cup lightly packed light brown sugar
- ¼ cup fresh lemon juice
- 1 tbsp crystallized ginger

Directions

1. Have your hot, sterilized jars and lids ready. To read more on safe canning practices, visit Bernardin's website at www.bernardin.ca.
2. In a large non-reactive saucepan, gently toss together the pears, fresh ginger, sugar, lemon juice, and crystallized ginger. Bring to a boil over medium to high heat. Reduce the heat to medium and cook uncovered, stirring frequently, until most of the liquid has evaporated and the jam is thick, about 10 minutes.
3. Ladle the hot jam into the jars, leaving ¼ inch of headspace. Remove any air bubbles and adjust the headspace, if necessary. Wipe the rims with a clean cloth and seal tightly with the lids.
4. Process the jars for 10 minutes in a boiling water bath. The sealed jars can be stored in a cool, dark place for up to 1 year. If a seal has failed, store the jar in the refrigerator for up to 1 month.

Recipe adapted from www.planetgreen.discovery.com

Feature Book



Title: *Too Many Pears*

Author: Jackie French

Publisher: Star Bright Books

Publication Date: 2004

ISBN: 9781595721129

Description: Whoever said you could never have too much of a good thing should check with Pamela. This Holstein has a hankerin' for pears-stewed, fresh off the tree, or baked in a pie. She will do almost anything to satisfy her craving, including climbing a tree for better picking. Amy, her family, and friends fear that no one else will get any of the favored fruit. Various means of keeping the bovine away from the pears fail until the girl comes up with the best idea - simply give Pamela all she wants. Large pictures across spreads with clean white backgrounds and simple text create a humorous tale, perfect for story time-sharing.

From Amazon, www.amazon.com