

Pear Information Sheet

Today's Farm to School Snack features local _____ pears!

While pears originated in Europe and Asia, the pears you will be trying today were grown locally at:

in

How Does It Grow?

Nova Scotia farmers grow pear varieties that are strong enough to handle our cold winters. Pear trees can live for over a century, orchard trees are usually replaced after 30 to 40 years. In spring, pear trees bloom with white or pink flowers, which develop into small pears after pollination. Throughout the summer, the fruit grows larger, and some varieties change color before the harvest in late summer or early fall. Unlike many other fruits, pears don't ripen on the tree. Instead, they become sweeter and softer after being picked. Pears can be enjoyed raw, in salads, canned, or used in baked goods and desserts.



Fun Facts

- Pears have inspired artists for centuries. Bosc pears are commonly used in drawings, photography, and paintings due to their shape and color.
- Not all pears have the classic pear shape—Asian pears, also known as Nashi pears, are round like apples.

Around the World

Pears have been cultivated for thousands of years. Their sweet flavor made them popular in ancient Greece and Rome, and European settlers introduced them to North America in the 1600s. One of the newest varieties grown in Canada is the Cold Snap, which stays fresh throughout the winter. Popular pear dishes include Italy's Pear and Gorgonzola Salad, France's Tarte Tatin (a caramelized pear dessert), and India's Pear Chutney.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include pears.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this juicy snack!

Find more resources at www.nourishns.ca