Despite the frosty weather outside now, it is really amazing that we are still able to enjoy local food in the winter in Ontario. There are locally grown pears, apples, beets, cabbage, carrots, garlic, leeks, lettuce, mushrooms, onions, parsnips and potatoes available, not to mention greenhouse cucumbers, peppers and tomatoes!

Tastebuds sources local pears and apples from Lincoln Line Orchards, a 66 acre orchard in Smithville, 23 km from the Tastebuds Hub.

Lincoln Line, like many apple orchards, uses cold, low oxygen controlled-atmosphere storage to store apples. This technology controls the temperature at which the apples are stored, as well as the atmosphere. This means that we are able to purchase locally grown apples and pears year round that maintain their freshness, nutritional value and crunch!

Thank you for your participation and continuous support in sprouting healthy relationships with food!

3Acres Profile: Jung Han

This year 3Acres food is being delivered to schools by Jung Han. When he is not delivering local food to schools for 3Acres, Jung is a Shelter Support Worker at Good Shepherd Centres. Here are some of Jung’s thoughts on food:

What is your favorite local food?
“Fruits! Especially grapes, raspberries, blueberries and apples.”

Do you like local food?
“I like local food very much. Local food is fresh and tastes better. It retains more nutrients, vitality and flavor than other produce that travels long distances.”

What is your favorite healthy snack?
“My favourite healthy snack is fruits, nuts, and chocolate milk.”

Do you think it is important to eat breakfast every day? Why?
“Yes, it is important. It is the best way to recharge my energy for the beginning of the day and improves my brain function and activeness. I simply cannot study or work well enough without having a breakfast.”

Keep an eye out for Jung on Tuesdays when he’ll be delivering 3Acres local food to your school/program!
Bartlett pears, Asian pears, Bosc pears.... Can you name any more varieties? There are actually over 3000 varieties of pears around the world. But Bartlett pears are the most common varieties in North America.

Have you ever heard someone say that fibre is good for you? Well they were right. And pears are high in fibre, and they also have vitamins and minerals. Package deal!

What do pears and roses have in common? They are from the same family!

Pears will turn brown very quickly after they’ve been cut. To delay the browning you can squeeze some lemon juice on them.

Pears are part of the Vegetables and Fruit food group in Canada’s Food Guide. A Food Guide Serving is one medium pear.

One medium pear is a source of Vitamin C, potassium, and folacin.

Pears are also a good source of fibre. Fibre helps you feel full and keep your digestive system happy.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 103</th>
<th>Calories from Fat 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat g</td>
<td>0g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat g</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol mg</td>
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<td>0%</td>
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<tr>
<td>Sodium mg</td>
<td>2mg</td>
<td>0%</td>
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<tr>
<td>Total Carbohydrates g</td>
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<td>9%</td>
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<tr>
<td>Dietary Fiber g</td>
<td>6g</td>
<td>22%</td>
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<tr>
<td>Sugars g</td>
<td>17g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein g</td>
<td>1g</td>
<td>0%</td>
</tr>
</tbody>
</table>

Vitamin A 1%  | Vitamin C 12% |
Calcium 2%  | Iron 2% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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### PROGRAM SPOTLIGHT

**WAVE AFTER SCHOOL PROGRAM AT NORMAN PINKY LEWIS REC CENTRE**

**SERVES:** 100 students daily

**LOVES LOCAL:** Carrots, turnips, pears, apple cider, apples, radishes, sweet potato cookies

**WHAT STUDENTS ARE EATING:** Bruschetta made from local tomatoes from Heart’s Content (pictured), sweet potato fries, apple slices, kohlrabi sticks

**PROGRAM COORDINATOR JOAHNNA CRUZ:** “Our students just love the carrots from ManoRun! The kids eat them whole, unpeeled with the tops on like Bugs Bunny and they love them! With store-bought baby carrots they were just throwing them away and at each other like ‘food bombs’, but with ManoRun’s carrots they are eating them all!”

“I want to thank you so much for the 3Acres experience. The kids loved all the food (and the fact that it arrived by bike). They were pretty excited if they managed to catch Abram from THAAT Co-op making a delivery. They don’t often get fruits and veggies at home (especially in the winter) so they were introduced to a number of new foods and [our program coordinator] spent a great deal of time coming up with ways to present and cook the food. Students LOVED the apple cider! They had apple pancakes, roasted turnip and kohlrabi and believe it or not they really dug in. I almost forgot the sweet potato cookies; they were a HUGE hit! If we could have 3Acres year round we’d be very happy (no pressure)!!” Laura Laverty, WAVE program
**SPINACH & ROASTED PEAR SALAD WITH CANDIED PECANS**

**INGREDIENTS**
- 1 Egg white
- 1/3 cup Brown sugar, plus
- 1/2 tsp Brown sugar
- 1/2 tsp Salt, divided
- 1/4 tsp Whole Grain Dijon Prepared Mustard
- 1 pkg (100 g) Pecan Halves, roughly chopped
- 2 Pears, cored and cut into 8 slices each
- Freshly ground pepper to taste
- 1/3 cup Extra virgin olive oil, plus
- 1/2 tsp Extra virgin olive oil
- 3 tbsp Cider Vinegar
- 1 pkg Baby Spinach

**TIP:** A make-ahead wonder, the pecans can be prepared a week before. The dressing can be made three days ahead; store it in the fridge and whisk it before using.

**METHOD**

1. Preheat oven to 350°F (180°C). In a medium bowl, whisk together egg white, 1/3 cup (75 mL) sugar and 1/4 tsp (1 mL) salt until frothy. Add pecans and toss to coat. Spread evenly onto a parchment paper-lined baking sheet and toast in the oven, stirring a few times to break up nuts, for 15 min. or until lightly browned. Place pear slices on another baking sheet and dress with 1/2 tsp (2 mL) of olive oil and ground pepper. Roast in the oven, at the same time as the nuts, for 12 to 15 min. When cool enough to handle, separate nuts into pieces and cut 15 of the pear slices into 1/2-in. (1 cm) pieces. Set aside the remaining pear slice.

2. In a small blender, combine the remaining olive oil and mustard. Pour in cider vinegar with motor running until combined. Add the whole pear slice and remaining salt and sugar, and blend.

3. In a large bowl, toss the spinach and dressing. Adjust seasoning, if necessary. Add pear cubes and 1/3 cup (75 mL) candied pecans (save the rest for another use) and toss gently before serving.

**FOR SNP’S**

Wash and Enjoy! Pears are delicious just as they come. Serve with a glass of milk or slice of cheese. Another option… sliced pear and grated cheese in a wholegrain tortilla

**WHEN ARE PEARS IN SEASON?**

May | Jun | Jul | Aug | Sept | Oct | Nov | Dec
---|---|---|---|---|---|---|---

**JOKES**

What are twins favorite food?

Pears.

Knock knock!
Who’s there?
Pears!
Pears who?
Pears the party!?

Knock knock!
Who’s there?
Pears!
Pears who?
Pear-haps you will stop telling silly jokes!
Mr. Putter & Tabby Pick the Pears
By Cynthia Rylant

Dreaming of all the delicious growing things in his garden and most especially anticipating his juicy pears, Mr. Putter is unable to pick the pears because of his “cranky” legs and enlists the help of his cranky-tailed cat.

Available at Hamilton Public Library
ISBN: 0152002456