



Thought
Foodness

Featuring
Comice Pears



WEST VIRGINIA HARVEST™



Did You Know?

Comice Pears

Where I grow best:

Comice pears grow best in places with cool winters and warm summers. They need at least six to eight hours of sunshine each day and well-drained soil. These pears grow well in states like Oregon, Washington, and California. They need some winter chill to help them produce fruit and regular watering.

My Nutritional Superpowers include:

Comice pears have amazing nutritional superpowers that help keep the body strong and healthy. They are full of fiber, which helps with digestion and keeps the stomach happy. They have vitamin C, which helps fight germs and keeps the immune system strong. Comice pears also contain antioxidants, which protect the body and keep the skin healthy. Since they are mostly made of water, they help keep the body hydrated.

I taste great in meals like:

Pear and Spinach Salad, Pear and Yogurt Parfait, and Comice Pear and Turkey Roll-Ups!

Comice Pears are available in West Virginia at Grocery Stores and Walmart during certain seasons.



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Recipe Spotlight

Comice Pear and Turkey Roll-Ups

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Lay the turkey slices flat.
2. Place a slice of cheese and a few pear slices on top.
3. Roll up and enjoy a protein-packed snack!

What you will need:

- 1 Comice pear, thinly sliced
- 2 slices turkey
- 1 slice cheese



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.


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Harvest a healthier you!



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There's more to discover at wvharvest.com/thoughtfoodness

