

November – Featured Fruit: PEAR



WASH. EAT.
(how easy is that?)



Hello! I'm Penny Pear¹ and I'm a Bartlett pear.

There are more than 3,000 varieties of pears, but I am the most popular. Anjou, Bosc, Comice and Asian pears are a few of the other varieties you'll want to try too. They come in different shapes, colors and flavors and are sweet and juicy-- make sure you try them all!

Are you ready to come along with me on an exciting pear adventure? Let's have fun exploring all the cool stuff about pears.

Facts

Pears are a member of the rose family.

Pear trees can live 100 years, but they are usually replaced in the orchards after 30 or 40 years. This allows them to produce the most and the best tasting fruit each year.

Pears are available year-round.

Pears are a good source of vitamin C and fiber.

Pears ripen better off the tree and ripen from the inside out.

Ripen pears in a brown paper bag at room temperature.

There are more than 3,000 varieties of pears grown in the world. Bartlett pears are the most popular variety in the United States. They are used for dried pear products and canning.

History

It is believed that pears were used as food by Stone Age people.

The ancestor of today's popular pear varieties are from regions in southeastern Europe and western Asia.

The first pear tree was planted in America in 1620.

In the early 1700s, pears were nicknamed "butter fruit" because of their soft, melting texture.

Source: ¹Dole 5 A Day. www.dole5aday.com

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Where Grown

More than 95 percent of the pears sold in the United States are grown in Washington, Oregon and Northern California.

60% of all Bartlett pears grown in the United States come from California.

Pears come from other countries too – Chile ships the most, but New Zealand, Australia, Argentina, and Canada also ship pears to the United States.

Types

There are many more types of pears than you might guess – more than 3,000 varieties. Now, that's a lot of pears! In the United States, four pear varieties are commonly available: Bartlett, Anjou, Bosc and Comice, along with a few specialty types like Asian and Nellis pears.

Bartlett pears are shaped like a bell and turn from green to yellow when ripe. Bartletts are very sweet and juicy and are excellent for fresh eating or in salads and desserts. They are also good for dried pear products and canning. Red Bartlett pears are delicious too, and turn bright red when ripe. Bartlett pears are available from July through December.

Anjou pears are oval-shaped with a smooth, thin skin on the outside. They are light green to yellow-green in color and do not change color as they ripen. Anjous are very sweet and juicy and are great for fresh eating or in salads and desserts. They are available from October through June.

Bosc pears have a long neck and stem with a rough skin on the outside. They are cinnamon brown in color and do not change color as they ripen. Bosc pears are excellent for baking and eating fresh and are sweet and juicy. They are available from August to May.

Comice pears are round with a short neck and stem. They are greenish-yellow in color and may have a reddish blush. Comice pears do not change color as they ripen. They are very sweet and juicy and are great for eating fresh or in salads and desserts. Comice pears are available from August through April.

Nutrients

- A good source of dietary fiber and vitamin C

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