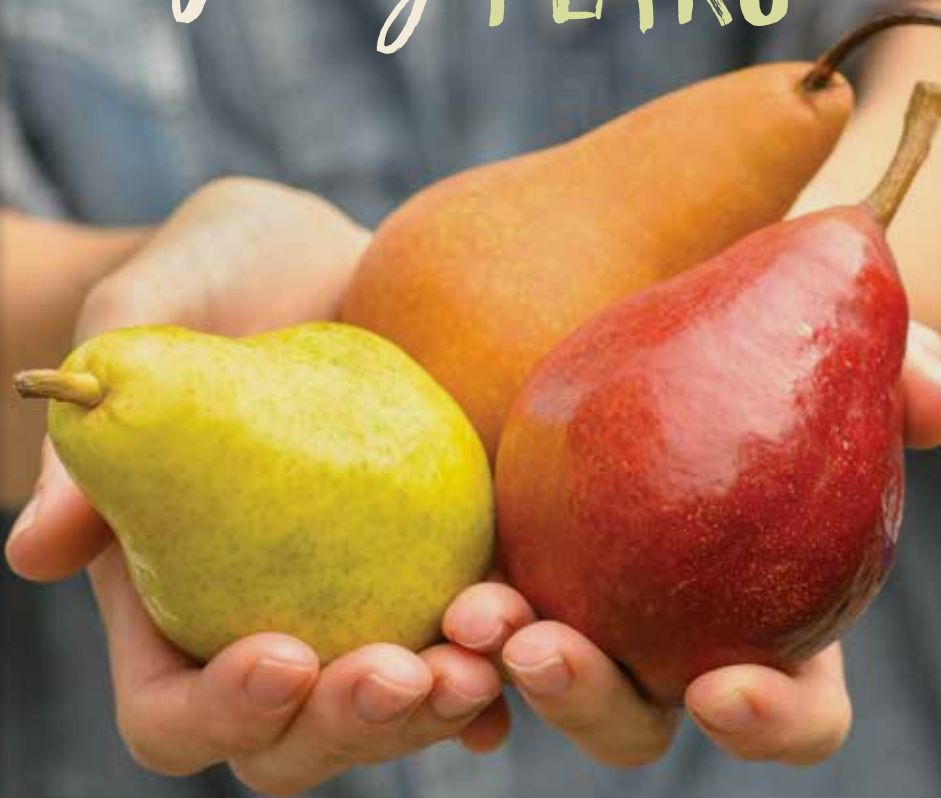


fresh,
SWEET,
AND juicy PEARS



Pears

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Bosc

Crisp and woody with a honey sweetness.

IN SEASON SEPTEMBER – MAY

TEXTURE & FLAVOR WHEN RIPE:



Comice

Succulent, buttery, and exceptionally sweet.

IN SEASON SEPTEMBER – MARCH

TEXTURE & FLAVOR WHEN RIPE:

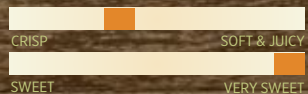


Concorde

Crunchy and sweet with a distinct vanilla flavor.

IN SEASON SEPTEMBER – JANUARY

TEXTURE & FLAVOR WHEN RIPE:

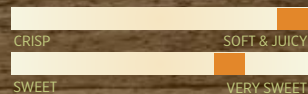


Starkrimson

Aromatic, juicy, and sweet with floral essence.

IN SEASON AUGUST – JANUARY

TEXTURE & FLAVOR WHEN RIPE:

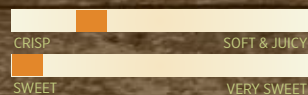


Forelle

Crisp, tangy, and refreshingly sweet.

IN SEASON SEPTEMBER – MARCH

TEXTURE & FLAVOR WHEN RIPE:

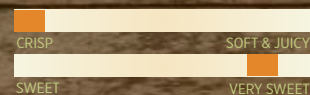


Seckel

Bite-sized, crunchy and ultra-sweet.

IN SEASON SEPTEMBER – MARCH

TEXTURE & FLAVOR WHEN RIPE:



MEET THE *pears*

Fresh, sweet, and juicy pears are among the most popular fruits in the world, and for good reason. Besides great taste and versatility, they offer amazing nutritional benefits.

The U.S. is the third largest pear producing country in the world, and the pastoral orchards of Washington and Oregon allow pears to flourish to perfection. Moisture from meandering rivers and glacial snowmelt feeds nutrient-rich volcanic soil to make the perfect foundation to nourish pear trees.

USA Pears come in a variety of shapes, colors, and sizes, making them an appealing choice for any meal or snack. Whether eaten fresh out of hand or sliced into sandwiches and salads, poached for dessert or whirled into smoothies, fresh pears pair well with dishes both savory and sweet.

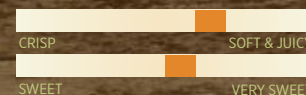


Green Anjou

Refreshingly sweet and juicy with a hint of citrus.

IN SEASON SEPTEMBER – JULY

TEXTURE & FLAVOR WHEN RIPE:



Red Anjou

Juicy with fresh, sweet, and slightly tangy flavor.

IN SEASON SEPTEMBER – JUNE

TEXTURE & FLAVOR WHEN RIPE:

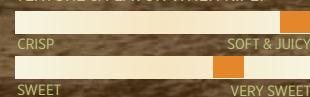


Bartlett

Signature sweet pear flavor and aroma with abundant juice.

IN SEASON AUGUST – FEBRUARY

TEXTURE & FLAVOR WHEN RIPE:

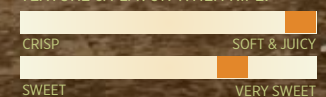


Red Bartlett

Juicy and aromatic with abundant sweetness.

IN SEASON AUGUST – JANUARY

TEXTURE & FLAVOR WHEN RIPE:



A closer look at **KEY NUTRIENTS**

Nutrient-dense, a medium-sized pear is only **100 calories**, yet provides a variety of vital minerals, vitamins, fiber, and water that can help you feel full faster and for longer.

Pears are fat-free, cholesterol-free, and sodium-free.

Diets low in saturated fat and cholesterol and high in fiber-rich fruits, vegetables, and whole grains – particularly soluble fiber – may reduce the risk for heart disease, a disease associated with many factors.

Pears are an excellent source of fiber, with one medium-sized pear providing 6 grams of fiber, which is 24 percent of the Daily Value. Low-fat diets full of fiber-containing fruits, vegetables, and grain products may reduce the risk of some types of cancer, a disease associated with many factors.

Pears are a good source of vitamin C, often called the “antioxidant vitamin,” which is essential for normal cell growth and repair, wound healing, metabolism, proper immune function, and prevention of infectious disease.

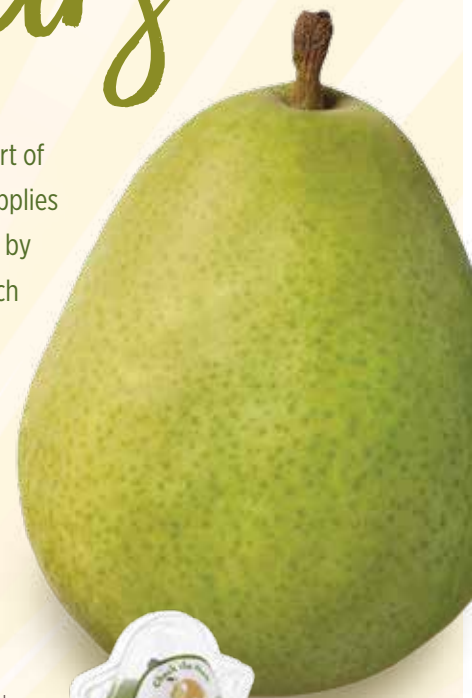
Pears also contain potassium, which is not represented on this label. **Each medium-sized pear offers about 190 mg (5 percent Daily Value) of potassium**, which is a nutrient that helps reduce the risk for high blood pressure.

Nutrition Facts			
Serving Size 1 medium pear (166g)			
Amount Per Serving			
Calories 100		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	26g		9%
Dietary Fiber	6g		24%
Sugar	16g		
Protein	1g		
Vitamin A	0%	Vitamin C	10%
Calcium	2%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

POWER UP with pears

Fruits and vegetables are an important part of a healthy diet. One medium-sized pear supplies half of the daily fruit needs recommended by the Dietary Guidelines for Americans, which recommend that the average American adult consume two cups of fruit per day. One medium-sized pear is approximately one cup. **You're halfway there with**

just one pear!

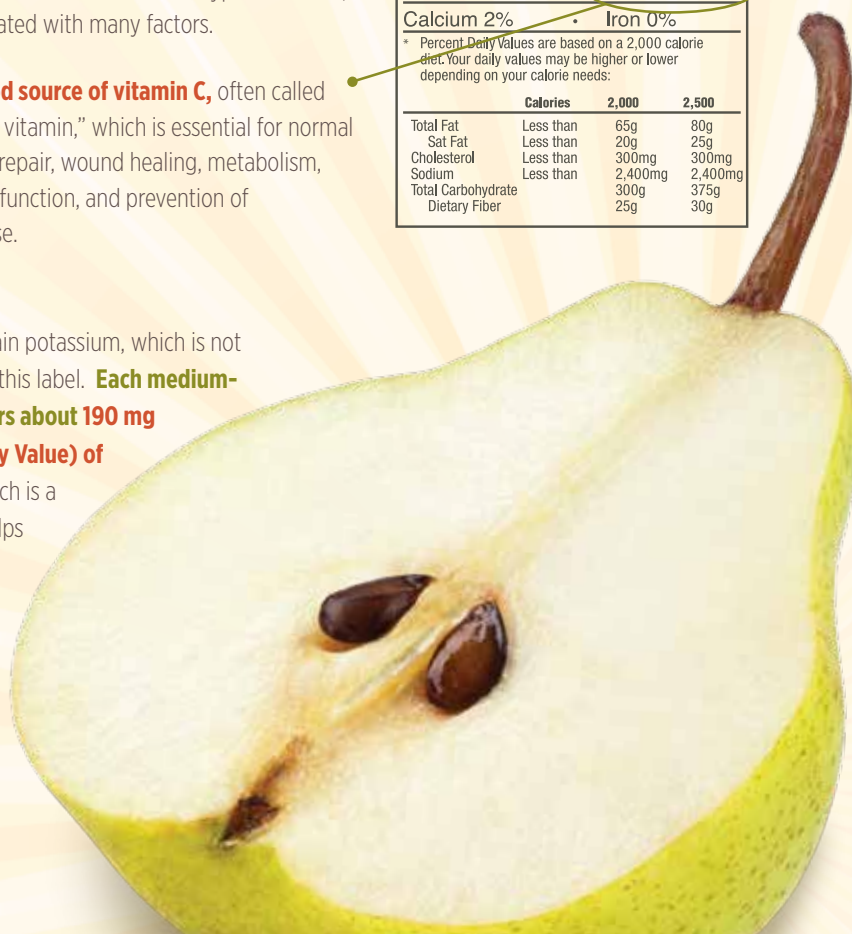


- Always have access to a healthy snack when you're on the go – store your ripe and juicy pears in our convenient

Pear Packer

www.usapearsmarketplace.org

- Create side dishes with different combinations of your favorite whole grains, chopped nuts, crumbled cheese, and diced pears.
- Toss quartered pears with onions, olive oil, and your favorite seasonings, then roast at 400°F until tender for a flavorful addition to roasted chicken or pork.
- Add sliced pears to your favorite sandwiches for a healthy and delicious crunch.
- Slice, dice, or shave pears into any salad. Visit **[youtube.com/usapears](https://www.youtube.com/usapears)** for salad ins-pear-ation!
- For more usage tips, check out our blog, The Pear Dish at **blog.usapears.org**.





PEAR QUESADILLA

Yield: 16 slices

ingredients

- 4 flour tortillas (8 inches in diameter)
- 1/2 cup each shredded pepper jack and crumbled blue cheese
- 3 tablespoons sliced fresh basil leaves (1 tablespoon if dried)
- 2 tablespoons chopped onion
- 2 tablespoons chopped hazelnuts
- 1 USA Pear, cored and very thinly sliced
- 2 teaspoons olive oil

directions

On half of each tortilla, sprinkle one-fourth of the cheeses, basil, onion, and hazelnuts; top with pear slices. Fold in half and brush both sides with olive oil. Heat in non-stick skillet 2-3 minutes on each side or until cheese melts and tortilla browns. Cut each quesadilla into four pieces.

Nutritional Analysis per Serving (2 slices):

Calories 127; 5 g Protein; 12 g Carbohydrate; 1 g Fiber; 7 g Fat; 9 mg Cholesterol; 225 mg Sodium



PEAR AND PINEAPPLE GREEN SMOOTHIE

Yield: 2 servings

ingredients

- 1 ripe USA Pear, such as Anjou, Bartlett, or Comice, cored and cut into large chunks
- 1 1/2 cups cubed pineapple
- 1 packed cup spinach
- 10-12 sprigs fresh cilantro
- 1 cup cold coconut water

directions

Place all of the ingredients into a blender and puree at high speed until smooth.

Nutritional Analysis per Serving:

Calories 160; 3 g Protein; 40 g Carbohydrate; 7 g Fiber; <1 g Fat; 0 mg Cholesterol; 150 mg Sodium

For more insPEARations visit USApears.org

The perfect pear

Pears don't ripen on the tree. A pear is harvested when mature, but not yet ripe. When left at room temperature, it slowly reaches sweet succulence as it ripens from the inside out.

So how do you know when a pear is ripe?

CHECK THE NECK™

Apply gentle thumb pressure near the neck, or stem end. If it yields slightly, it's ripe. Then you'll enjoy the full flavored sweetness for which USA Pears are famous.

WHAT ABOUT SKIN COLOR?

You can't depend on color to tell you when the pear is ripe. While Bartlett pears will turn from green to yellow as they ripen, most varieties show little change in color. That's why it's best to Check the Neck.™

RIPENING TIPS

Place your unripe USA Pears in a fruit bowl and let stand at room temperature. Check the Neck™ daily to determine when they are ready to eat! Refrigerate ripe pears to slow the ripening process, using them within about 3-5 days.



Pears



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