


Try Me!

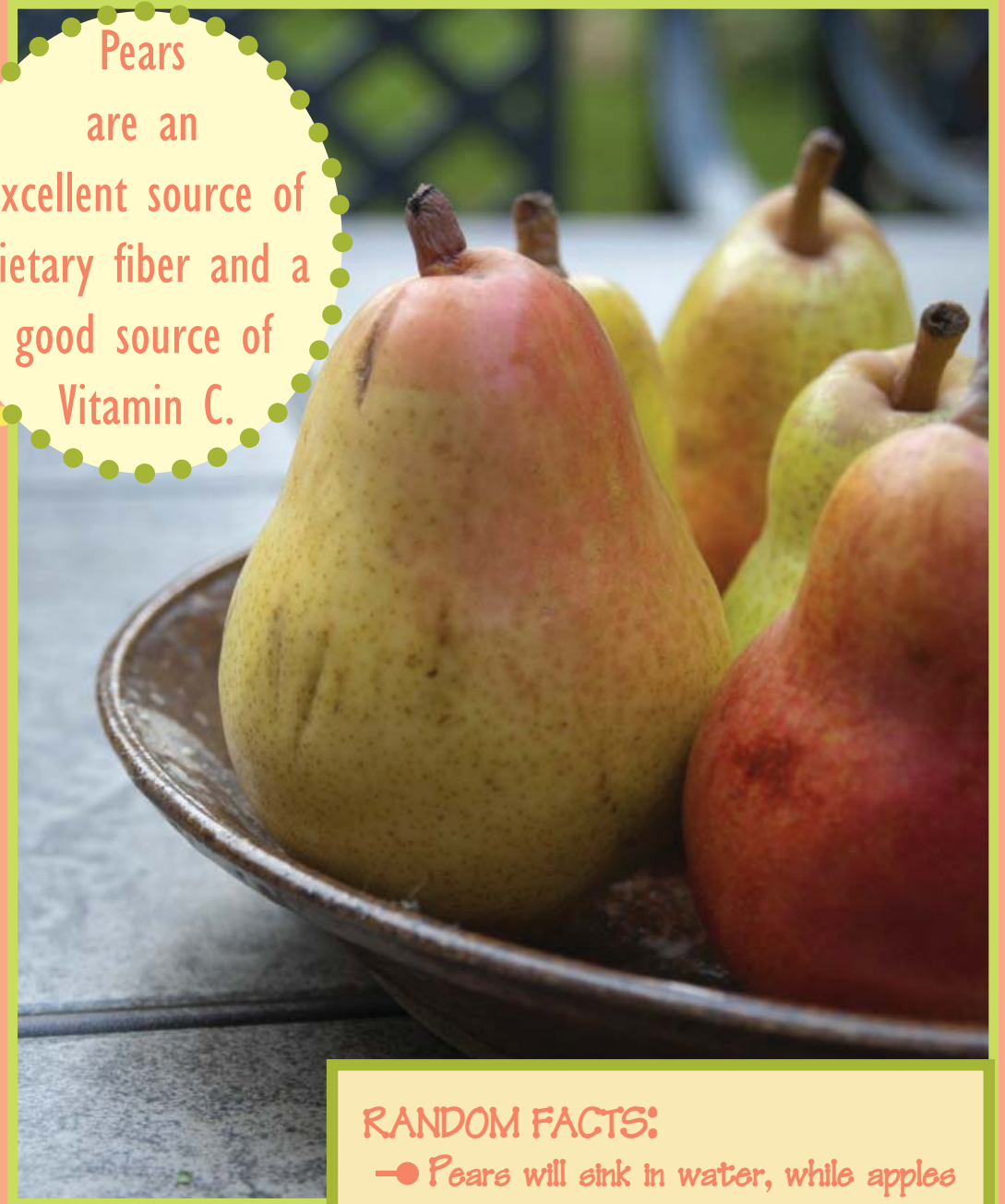
# Pears

Pears are an excellent source of dietary fiber and a good source of Vitamin C.

## General Information:

- Pears are a member of the same fruit family as apples.
- The top three producers of Pears are China, Italy, and the U.S., respectively.
- There are three main varieties of pears in the world: European Pears, Chinese White Pears, and Nashi Pears. However, there exist many variations and cross-breeds of each of these three types.
- Washington and Oregon are the main growers of pears in the U.S., and 35% of their crops are exported around the world.
- In the Southern U.S., pears typically peak during late August and early September. In the Northern U.S., they peak in September and October.
- Pears are picked unripe and left to ripen in a cool, dry, dark place. If you leave them to ripen on the trees, they will often spoil or be attacked by bugs or birds.
- Pears have been cultivated in China for over 3000 years.

There are only 60 calories in a serving of pears!  
(1 serving  about the size of a baseball)



## RANDOM FACTS:

- Pears will sink in water, while apples will float.
- The wood from pear trees is used in the manufacturing of high-quality woodwind instruments and furniture.
- Pear leaves were smoked in Europe before tobacco was introduced.
- In Ancient Greece, pears were used as a way to treat nausea.
- Pears are Oregon's state fruit.

## Eating:

- Pears may be consumed fresh, canned, juiced, or dried. Juice can also be used in jellies and jams. Pear juice may also be fermented, and is known as 'perry' or 'pear cider'.
- Pears ripen at room temperature. They will ripen faster if placed next to bananas in a fruit bowl.
- You can judge a pear's ripeness by "Checking the Neck". In order to "Check the Neck", apply gentle thumb pressure to the "neck", or stem-end of the pear. If it yields to gentle pressure, the pear is perfectly ripe, sweet, and juicy.
- If it is firm, leave pear at room temperature for another day before re-checking ripeness.

