



# Pears

**Pears** are one of the world's oldest cultivated fruits and have been referenced in records dating back to 5000 B.C. There are over 3000 known pear varieties grown around the world but only a handful are grown here in the United States. Within the US, the state of Washington is by far the largest grower of pears, accounting for about half of all US production.



The pear is considered a relative to the apple. Pears are generally most often bell-shaped, but some varieties are almost round like an apple. The light interior color flesh of pears is juicy, sweet and has a usually mild flavor. Pears are usually 5-6 inches long and have several seeds in the core, like an apple. Unlike apples though, most pear varieties have paper-thin skins.

Pears are available in a variety of colors, including many different shades of green, red, yellow/gold, and brown. Each different variety has a distinctive color, texture and flavor. The most popular pear in the United States is the Anjou pear.

Pears are broadly classified based upon their place of origin as *Asian-pears* and *European-pears*. Asian varieties feature crispy texture and firm consistency that do not change even after harvesting or storage, making them fit for ready-to-eat. Whereas, European types generally become soft and juicy when they are exposed to room temperature.

Pears are loaded with health benefiting nutrients such as dietary fiber, antioxidants, minerals and vitamins. In addition, pears are considered a low calorie fruit with only 58 calories per 100 g.

Pears are in season throughout the year but especially from end of June to February, depending on the variety.

We can offer several different varieties of pears. Please feel free to inquire about availability.

## Pear Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California						✓	✓	✓				
Northwest US	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓