

PEARS

DID YOU KNOW?

Pears naturally flourish in Georgia. It is common to find trees as much as 50 years old!

December is national pear month!

Pears do not ripen on the tree. They begin to ripen after they are picked and go through a series of changes until they are fully ripened.

Harvest season for pears begins in August and ends in October.

The U.S is the 2nd largest pear producing country in the world. More than 55 countries look to the U.S. for their pear supply!

There are over 3000 known pear varieties around the world, but only around 300 of these are grown in the United States.

PEARS

FRESH AND HEALTHY

Pears are a savory treat that pack a healthy punch. They are easy to snag for a quick snack or perfect to use as a sweet addition to almost any meal. Next time you're craving a full flavored crunch, grab a pear to satisfy your tastes!



Best Time to Buy:

September - July

(depending on variety of pear)

Pears Benefit U!

- Low in calories & fat
- Sodium & cholesterol free
- Excellent source of fiber - 5 grams per serving!
- Great source of vitamin C
- Provides you with vital nutrients you need

Medium pear = 100 calories

Add Color to Your Meal

- Roast and top over yogurt or ice cream
- Throw into a soup for a sweet, creamy taste
- Add to your favorite salsa
- Top a bowl of oatmeal or cereal
- Toss into any salad for a sweet crunch

**Remember- anything that can be done with an apple, can be done with a pear!*

PEAR

RECIPE CORNER

Savory Pear Salad

1/2 cup dry orzo
1 cup diced raw pears*
2 Tbsp orange juice
2 tsp lemon juice
1/4 cup raisins
1/2 cup diced fresh tomatoes
3 Tbsp buttermilk ranch dressing
4 cups torn fresh spinach
2 Tbsp sliced almonds
1 Tbsp chopped fresh dill, divided

**1 medium or 2 small*

Prepare orzo according to packaging directions. Place diced pear in a small bowl and add orange and lemon juices. Allow to sit for 5 minutes. Mix in 2 teaspoons fresh dill and remaining ingredients except spinach and almonds. Refrigerate for two hours. Place equal amounts of torn spinach on four plates. Spoon equal amounts of pear salad on bed of spinach. Top with equally divided amounts of sliced almonds and remaining fresh dill.



Nutrition Facts
Serving Size 1.00 serving(s) (155g)

Amount Per Serving			
Calories 214		**Calories from Fat**	60
			% Daily Value
Total Fat	6.7g		10 %
Saturated Fat	0.9g		5 %
Trans Fat	0.1g		
Cholesterol	2.7mg		1 %
Sodium	122.4mg		5 %
Total Carbohydrate	35.0g		12 %
Dietary Fiber	3.9g		16 %
Sugars	12.8g		
Protein	5.1g		
Vitamin A	61 %	Calcium	6 %
Vitamin C	30 %	Iron	11 %

FAST FACTS

SELECTION

Choose firm, but not hard pears. Apply gentle pressure to the stem end of the pear with your thumb. When the pear yields to this light pressure, it is ripe and ready to eat!

STORAGE

Store un-ripened pears in a paper bag at room temperature. Refrigerate ripe pears.

PREPARATION

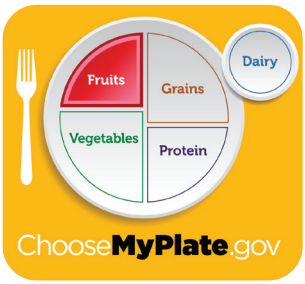
Pears can be prepared fresh or cooked. When using fresh pears, remember to treat with an antioxidant, such as lemon juice, to prevent browning.

PRESERVATION

Pears are easy to freeze and preserve:

- Select well- ripened, firm pears.
- Wash and peel
- Cut and remove core
- Heat in boiling syrup for 1-2 min

Drain, cool, and pack in syrup. Remember to use a small solution of 50% water and 50% lemon juice along with syrup to prevent browning of the pears.



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