



Give Them More  
of the  
Good Stuff!

# Pear Basics

*Fiber in pears promotes good digestion  
and helps maintain a healthy heart.*



## Shop and Save

- Choose firm pears without cuts or bruises. Pears nick and bruise very easily, so handle with care.
- Pears are picked when mature but ripen at room temperature for best texture and taste.
- Pears may be best quality and lowest cost when they are in season, September through May depending on the variety.
- Select Asian pears that are fragrant and unbruised. Ripe Asian pears are firm and do not soften. They are ready to eat when purchased.

## Types of Pears

**Bartlett** - classic pear shape. Soft, juicy and very sweet. Red or green to yellow skin.



**Bosc** - slender pear shape. Crisp and sweet. feels more firm when pressed. Brown skin with green to yellow undertones.



**Comice** - round body with a very short neck. Soft, juicy, and very sweet.



**Anjou** - egg-shaped. Moderately soft and juicy with balanced sweetness. Red or green skin.



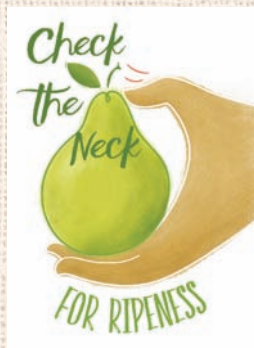
**Asian pear** - usually round. Crisp texture like apples; taste and color vary. Skin can be green, yellow or reddish-brown and sometimes speckled with small brown spots.



## Store Well Waste Less

- Ripen pears at room temperature. Press gently near the stem. If the neck feels soft, the pear is ready to eat.
- Once pears are ripe, use within 3 to 5 days or refrigerate to keep them longer.

- Wash pears under cool running water just before eating, even if you plan to peel them.
- Peel or cut pears just before using to avoid browned flesh.
- Asian pears: store up to 1 week at room temperature or up to 3 months in the refrigerator.



Choose pears  
canned in water  
or 100% juice.

Contributions by USAPEars.org



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