

PEARS

Background

Of over 3,000 known pear varieties in the world, only a few are grown for commercial production, and those varieties differ throughout the world.

Varieties

Packham, Bartlet, Taylors Gold, Buerre Bosc, Winter Nellis, D'Anjou (red and green), Doyenne du Comice.

Source

New Zealand, Australia, USA

Storage, ripening (if any) and handling:

Unripe - countertop. Ripe - refrigerate.

Continues to ripen after harvest.

Select pears that are fragrant and free of blemishes and soft spots.

Nutrition Benefits:

Low Fat

Saturated Fat Free

Cholesterol Free

Good Source of Fibre

Good Source of the antioxidant Vitamin C

Serving ideas:

Combine pear slices with an assortment of cheeses for an appetiser for dessert platter.

Serve whole fresh pears for out-of-hand snacking.