

Asian Pears

Peak Season:
August through October



There are over three thousand pear varieties in the world. Yet, of these, fewer than one hundred produce abundant, delicious pears, and under twenty are commercially produced. One variety, the

Asian pear, has been growing here since Chinese railroad workers brought seeds to California in the 1800s. Although still very popular in China today, it has only begun to experience notable popularity in the United States within the last 20 years.

Europeans vs Asian

In contrast to the green European pears that many Americans are most familiar with, Asian pears ripen on the tree and therefore can be eaten immediately after purchasing. Appearing in tan, brown, or yellow freckled skin, they also have a much rounder form than the European variety's typical bell shape causing them to look more like apples. Although they have much of the characteristic pear flavor, sharing the apple's round shape and firm crunchy texture has leading many people refer to them as "apple pears."

Storage

Store pears for up to 1 week at room temperature or up to 3 months in the refrigerator. Handle them gently, however, because they bruise easily due to their high water content.

Preparation

Simply wash and eat fresh or prepare according to your recipe

Use It

Asian pears are another kind of fruit that is delicious eaten right off the tree. A sweet and very juicy fruit, it adds a yummy crunch to anything you pair it with.

- Thinly sliced, it makes a fantastic addition to green salads and sandwiches.
- Shredded, Asian pears make slaw a sweet side
- Pair with a cheese sticks for a healthy snack

Cooked, it can be substituted for apples and European pears in most recipes. Try it in cobblers and fruit crisps, poach it, or transform it into Asian pear butter, similar to apple sauce.

Nutrition Facts

Serving Size 1 medium pear, raw
(122g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 1g

Vitamin A 0% • Vitamin C 8%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Jicama & Asian Pear Salad

Preparation Time: 15 minutes

1 Cup of Fruits and Vegetables per Serving

Serves: 6

Ingredients

- 2 cups romaine lettuce, shredded
- 2 cups jicama, julienne-sliced
- 2 Asian pears, cored and chopped
- ½ cup golden raisins
- ¼ cup white wine vinaigrette
- ¼ cup apple cider or 100% apple juice
- ¼ tsp Chinese five-spice powder or ground allspice

Directions

1. In a bowl, toss the shredded lettuce, jicama, Asian pears and golden raisins until combined.
2. For dressing, whisk together the vinaigrette, apple cider or juice and five-spice powder or allspice until well mixed. Drizzle over salad and toss well.
3. Serve immediately.

Each serving provides: *An excellent source of vitamins A, C and K, and a good source of fiber.*

Nutrient Content Per Serving	
Calories: 80	Protein: 1g
Total Fat: 0g	Carbohydrates: 19g
Saturated Fat: 0g	Cholesterol: 0mg
Sodium: 5mg	Dietary Fiber: 4g



Asian Pear Crisp

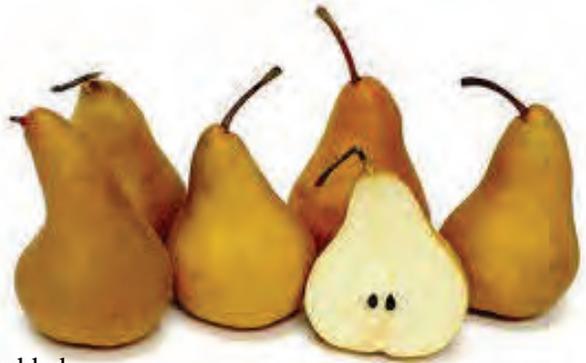
This is a wonderful substitute for apple pie. Leave the peel on Asian pears to increase nutrients and save time. Additional mix-ins such as fresh or dried cranberries, pecans or almonds could be included as well.

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- 4 cups Asian pears, sliced
 - 2 tbsp. butter
 - ¾ cup quick-cooking oats
 - ¼ cup sugar
 - ¼ cup whole wheat flour
 - 2 tsp. cinnamon
 - 1 tsp. lemon juice
1. Preheat oven to 375 degrees F.
 2. Coat baking dish with nonstick cooking spray. Peel Asian pears and cut into slices. Melt butter in a small bowl in the microwave.
 3. In a medium bowl, combine all ingredients except Asian pears. Stir until well blended.
 4. Place Asian pears in a 9 x 13 baking dish and spread oat mixture on top. Bake about 45 minutes or until desired brownness.

Serves 6.

Bosc Pears



1 lb AP = 7.9-1/4 cup servings raw, pared, sliced
 1 lb AP = 5.7-1/4 cup servings cooked, pared halves, sugar added
 Peak Availability: August through October

A popular dessert pear, the Bosc is highly aromatic, with dense, sweet-spicy flesh. With their strong flavor and ability to hold their shapes when cooked, bosc pears are ideal for baking, poaching and cooking. However, they are also delicious served fresh alone or with peanut butter or cream cheese dip.

Storage and Preparation

Leave pears at room temperature until ripe.

Use immediately or store in the refrigerator to slow ripening.

Rinse pears thoroughly. If cutting in advance, prevent browning by coating pears with an acidic juice such as lemon, orange, or pineapple juice. Bosc pears may or may not be peeled.

Nutrition Facts				
Serving Size 1 medium pear (166g)				
Amount Per Serving				
Calories	100	Calories from Fat	0	
		% Daily Value*		
Total Fat	0g		0%	
Saturated Fat	0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium	0mg		0%	
Total Carbohydrate	26g		9%	
Dietary Fiber	6g		24%	
Sugar	16g			
Protein	1g			
Vitamin A	0%	•	Vitamin C 10%	
Calcium	2%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ideas for Fresh Use

- Serve diced Bosc Pears with yogurt and granola
- Offer 'Pear Stack Snacks' of chunks of Bosc pears with slices of cheese and whole grain crackers
- Serve toast spread with a layer of peanut butter and pear wedges

Remember, don't refrigerate an unripe pear!

Ripened pears can be used at once or put under refrigeration (35° to 45° F) until you want to use them. Refrigeration will delay further ripening but will not stop it altogether, giving you adequate time to include fresh pears in your menu planning. (3-5 days) Remember, pears need to ripen at room temperature, so don't refrigerate an unripe pear!





Pears are one of the few fruits that do not ripen successfully on the tree. They are harvested by hand when they reach full maturity but before they are ripe.

Because pears ripen from the inside out, ripe fruit will give gently to gentle pressure near the stem. Use this tip from USA Pears to test for ripeness:

Check the Neck™: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's ripe.

Check out Ohio State University's pear guide to help you get the most out of your pears



Pear Varieties	Taste	Color Change with Ripening	Culinary Use			
			Raw	In Salads	Baking	Canning
Green Anjou	Mild, firm, sweet	Does not change color	X	X	X	X
Red Anjou	Mild, firm, sweet	Does not change color	X	X	X	X
Asian	Crunchy, crisp	Becomes more yellow	X	X		
Bartlett	Juicy, sweet	Green to yellow	X	X		X
Red Bartlett	Sweet, juicy	Dark red to bright red	X	X		X
Bosc	Crunchy, tender	Does not change color	X		X	
Concorde	Sweet, firm	Does not change color	X	X	X	X
Harrow	Sweet, juicy	Yellow to yellow with red blush	X	X		
Kieffer	Hard	Yellow to golden yellow with red blush			X	X
Seckel	Sweet, small	Does not change color	X			X (Can Whole)
Starkrimson	Mild, sweet	Deep crimson to bright crimson	X	X		

Pear & Red Onion Gratin

From EatingWell: [October/November 2006](#)

Ingredients

- 1 large red onion
- 3 ripe Bosc pears
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 1 cup coarse dry breadcrumbs, preferably whole-wheat (see Note)
- 1/3 cup grated Parmigiano-Reggiano

Preparation

1. Fill a large bowl three-quarters full with water; add a handful of ice cubes. Cut onion into 16 wedges, place in a strainer and lower into the water. Let stand for 20 minutes.
2. Preheat oven to 400°F.
3. Halve and core each pear; cut each half into 6 slices. Drain the onion wedges well and place them in a 9-by-13-inch glass baking dish along with the pear slices, 1 tablespoon oil, thyme, salt and a grinding of pepper; toss to combine. Cover with foil.
4. Roast for 30 minutes, stirring twice.
5. Meanwhile, combine breadcrumbs and cheese in a small bowl. Drizzle with the remaining 2 tablespoons oil; stir to combine. Remove the pan from the oven, sprinkle the crumb mixture evenly over the gratin, return to the oven and roast until the breadcrumbs are well browned, 20 to 30 minutes more. Let cool for 10 minutes before serving.

Nutrition: **Per serving:** 188 calories; 7 g fat (1 g sat , 4 g mono); 3 mg cholesterol; 29 g carbohydrates; 4 g protein; 4 g fiber; 225 mg sodium; 215 mg potassium.

Nutrition Bonus: Vitamin C (15% daily value).



Caramelized Spiced Pears

From EatingWell: [November/December 2011](#)

Serve these caramelized pear slices over ice cream, stir into plain yogurt or enjoy as a topping for pancakes or waffles. Brown-skinned Bosc pears hold their shape during cooking, but any variety of pears tastes delicious.

Ingredients

- 3 ripe but firm pears (about 1 1/2 pounds), cut into 1/4-inch slices
- 1 tablespoon lemon juice
- 2 tablespoons unsalted butter
- 3 tablespoons granulated or light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- Pinch of salt

Preparation

1. Toss pears with lemon juice in a medium bowl. Melt butter in a large deep skillet or Dutch oven over medium heat; stir in the pears. Reduce heat to medium-low, cover and cook, stirring once halfway through, for 10 minutes.
2. Meanwhile combine sugar, cinnamon, ginger, cloves and salt in a small bowl. After 10 minutes, stir the sugar mixture into the pears. Increase the heat to medium and cook, stirring often, until the pears are tender and glazed, 4 to 6 minutes, depending on the type and firmness of the pears. Serve warm.

Nutrition: **Per serving:** 108 calories; 4 g fat (2 g sat , 1 g mono); 10 mg cholesterol; 20 g carbohydrates; 6 g added sugars; 0 g protein; 3 g fiber; 26 mg sodium; 107 mg potassium.

Star Crimson Pear

Peak Season: August through January



Named for its brilliant crimson color, and characterized by a thick stocky stem, the Star crimson is a beautiful red pear that originally occurred as a spontaneous mutation. It was discovered in the early 1950s in Missouri as a branch of red pears growing on a tree of Clapp's Favorite (a green pear not produced commercially in the Northwest). In 1956, this beautiful red pear was patented and propagated by Stark Brothers Nursery. For these two reasons the star crimson pear is sometimes called either Red Clapp or Starkrimson pear.

Regardless of what you choose to call it, this red pear is sweet and juicy with a smooth texture and a flavor very similar to the green Bartlett. These tasty traits paired with its vivid red color make it great used fresh in a variety of dishes.

Ripening

One of the few pears whose skin changes color as it ripens, its color turns from deep crimson to bright crimson red as it matures. Its skin also becomes more thin and delicate and its floral aroma develops during the ripening process.



Storage

Keep unripe pears at room temperature, and refrigerate pears to slow the ripening process once the pear is ripe and ready to eat.

What to Do With Them

Take advantage of Star Crimson's great fresh taste and simply slice and serve it.

- Slice or dice and add to fruit or green salads
 - Serve wedges with yogurt dip
- Add thin slices to grilled ham and cheese sandwiches
- Finely chop and mix with apples, kiwi, orange, honey, and lemon juice and serve as a "salsa" alongside cinnamon graham crackers
 - Add chunks on top of cereals, parfaits, pancakes and waffles