

ASIAN PEAR



History/Nutrition:

Native to Japan and China, today Asian pears not only grow throughout Asia but are grown around the world in Italy, the United States, Spain, and Argentina. Asian pears originating from Japan have clear yellow, brown, or yellow-brown skin while those from China are clear-skinned and green-yellow. Asian pears are best eaten raw and are a great source of fiber, vitamin C, potassium, vitamin K and copper.

Fun Facts:

Asian pears are said to resemble apples because they are crisp and juicy like apples.

Asian pears are known by many names which include Japanese pears, sand pears, apple pears, or Chinese pears.

Unlike other pears that yield to gentle pressure when ripe, Asian pears are ripe even when they are extremely firm. Look for Asian pears that have a fairly strong and sweet aroma.

Ways to eat Asian Pears:

- Clean the skin and enjoy raw.
- Cut up and add to a fruit salad!
- Slice thin and add to your favorite sandwich!
- Cube and add to salad for some sweetness!