

PEAR

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Pears can be green, red, yellow or brown.
- Select pears that are firm without bruises or dark spots. To check the ripeness, gently press near the stem. Pears are soft when ripe.
- 1 small pear contains:
 - 18% of your recommended daily value of fiber to support digestive health.
 - 10% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.



PREPARE

Pears contain a core that is tough to eat. Eat pears whole or cut into quarters. If desired, remove the core. The skin is edible and a great source of fiber. To keep sliced pears from browning, briefly soak them in 1 quart of water + 3 tablespoons lemon juice.

Try pears:

- *Raw*, eaten like an apple.
- *Sliced* as part of fruit or vegetable salad.
- *Baked* with spices to make a healthy dessert.

STORE

- Store pears at room temperature until ripe, about 2-4 days.
- Store ripe pears in a plastic bag in the refrigerator for up to 1 week.
- To freeze: Cut and core pears. Place in a container and freeze for up to 1 year. The texture may soften when frozen pears are defrosted.