

Pears

Arkansas Grown

History

Called "a gift of the gods" by the Greek poet Homer, pears have been praised since ancient times. The early Romans developed over 50 pear varieties and spread them far and wide throughout Europe. Since then, hundreds more varieties have been introduced, the most popular being the Bartlett pear. The Bartlett pear got its start in 17th Century England, originally known as the Williams pear before crossing the Atlantic with the early American colonists.

Storage Tips

- Pears don't ripen well on the trees. Unripe pears should be kept in a cool to moderately warm room or can be placed in a paper bag to quicken ripening.
- Ripe pears should be eaten within a day because they tend to spoil quickly. Alternatively, they can be stored in a refrigerator for 3 days.
- Sliced pears can turn brown easily. Sprinkle lemon juice to prevent browning.

Nutrition Information

This fruit is very low in saturated fat, contains no cholesterol, is very low in sodium, very high in dietary fiber, and very high in Vitamin C.

1 medium pear

Calories: 96	Fiber: 21%
Fat: 0.2 g	Vitamin C: 12%
Carbohydrates: 25.7 g	Potassium: 7%
Sugars: 16.3 g	Sodium: 2 mg

Pear Turnovers

- 2 pears, peeled and chopped
- 2 tablespoons raspberry preserves
- 1 package of Pepperidge Farm® Puff Pastry Sheets, thawed according to package directions

Heat the oven to 400°F. Stir the pears and raspberry preserves in a bowl. Unfold the pastry sheets on a lightly floured surface. Roll each sheet into a 12-inch square and cut each into 12 circles, using a 3-inch cookie or biscuit cutter. Spoon 1 rounded teaspoon pear mixture onto the center of each circle. Brush the edges of pastries with water and fold in half to form a half-moon. Press the edges to seal. Place the pastries on 2 baking sheets, about 2 inches apart. Bake for 12 minutes or until the pastries are golden brown. Sprinkle with confectioners' sugar, if desired.

Cut out this recipe and glue it to a note card for future reference!



How to Pick Them

The best perfectly ripened pears will be golden and fragrant and will have a slight softness at the neck. Don't worry if the fruit shows some rough areas -- that's only skin-deep and doesn't affect the flavor.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.