

## PEAR

### Types

There are ten common types of pears in the United States.

**Green Anjou:** This is a widely recognized type in the United States. It also is the most abundant and can be found almost year round. They do not change color when they ripen. Great for any use.

**Red Anjou:** Fruit have the same taste and texture as green anjou and are used in same ways. They add vibrant colors to dishes.

**Bartlett:** Fruit have a rounded bell bottom and narrow and smaller toward the neck. You often buy them green from grocers, and then ripen them at home. They turn yellow when ripe.

**Red Bartlett** - The summer pear, known for its floral fragrance. Skin color brightens as it ripens, just like the yellow bartlett pear.

**Bosc** - Unique for their color which is warm-brown and russeting covers some or all of the pear. This pear is sweet, juicy before its fully ripened.

**Comice** - Sweetest and juiciest of all pears. Rounded with short neck, known as the Christmas Pear.

**Concorde:** These fruit are best identified by their long necks that almost come to a point with stems so long they curve over. They have yellow-green skin with dense flesh that is juicy and sweet.

**Seckel:** This tiny pear has chubby, round body and a short stem. The skin is olive-green and, at times, looks maroon.

**Forelle:** Fruit have a bell-shaped, symmetrical body and short neck. The flesh is moist and crisp and has red lenticles, or freckles. It is a snacking pear with a sweet flavor.

**Starkrimson:** These fruit are crimson red and have thick stems. They are mild, sweet, juicy, and great for salads or snacking.

### Selection Info

Chose pears that are firm. Check the "neck" for ripeness by gently applying pressure to the narrow end of pear with your thumb. If it yields to pressure, then its ready to eat. Pears should be harvested before they are fully tree ripe, but after they begin to change color and the lenticles (small dots on the skin) change from white to brown.

To finish ripening pears at home, keep them at 60-70°F in a paper bag.

### Preparation

Pears can be eaten raw and cooked.

**To Peel:** Use a vegetable/fruit peeler. Start at the top of the pear and peel down until you remove all the skin.

**To Core:** Slice the pear in half lengthwise, and then cut out the core.

**Bake:** Heat the oven to 350°F. Peel and cut two large pears in half. Remove the stems and cores. In a bowl, whisk together one tablespoon unsalted butter, a teaspoon of vanilla extract, 1/2 teaspoon ground cinnamon, and a teaspoon of butter for the baking dish. Brush pears with this mixture cut side down for 30 minutes on each side.

### Storage

**Short-Term Storage:** Store pears at room temperature. Pears do not ripen on the tree. Once the pear ripens, its ready to eat. To slow down ripening, place it in refrigerator for up to five days. Never refrigerate an unripe pear.

Pears can be stored at room temperature for 1-4 days after ripe.

**Long-Term Storage:** Pears are great for canning and winter recipes for a fresh summer taste. They can also be dried.



Looking for a source of fresh local fruits and vegetables???

Look here . . . [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

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## CINNAMON BAKED PEARS

### Ingredients


- 2 ripe pears
- 3 tablespoons chopped walnuts
- 2 teaspoons honey or brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon dried cranberries

### Directions

1. Heat oven to 350°F.
2. Cut the pears in half lengthwise. Remove the core and seeds with a spoon or melon baller.
3. Place pears in a baking dish. Fill the cored-out centers with chopped walnuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
4. Sprinkle each half with cinnamon and cranberries.
5. Bake 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.
6. Refrigerate leftovers within 2 hours.



Learn more about **PEAR** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php/food-pear>.

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#### Nutrition Information

Serving Size	1/2 pear
<b>Nutrients</b>	<b>Amount</b>
Total Calories	100
Protein	1g
Carbohydrates	19g
Dietary Fiber	3g
Total Sugars	13g
Total Fat	3.5g
Saturated Fat	0g
Cholesterol	0mg

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