

# Pears



## Selecting

Of the many varieties of pears, three of the most popular are Bartlett, Bosc and Anjou, each with very distinct appearance and flavour characteristics.

The Bartlett pear appears in two colour varieties: originally a green colour that ripens to yellow; or, originally a red colour that ripens to crimson. Bartletts are sweet and juicy, and are best used for making sauces, as they don't keep their shape in baking.

The Bosc pear is golden brown with a long tapered neck. Its texture is crunchy and it has a buttery flavour.

Bosc pears keep their shape well in baking.

The Anjou pear is oval, stubby and short-necked. It is firm, sweet and juicy. Anjou pears keep their shape well in baking.

Look for smooth-skinned pears free of any markings. It's best to select unripe pears and leave them to ripen at home. Ripe pears damage easily, and it's likely they would be bruised on the trip home from the store.

## Storing

Storing unripe pears in the fridge slows down the ripening process. To prepare them for eating, remove them from the

fridge and let them ripen at room temperature, which take 3 to 7 days. Once ripe, pears stored in the crisper in the fridge will last for 2 to 3 days.

## Preparing

Pears just need to be washed thoroughly and they are ready to eat. If you are slicing the pear and know it will be sitting out for a while before being eaten, prevent browning by sprinkling the pear with lemon or orange juice.

## Eating

Pears, like apples, are so versatile: Great to eat raw, but also work well in a sauce, a crisp or poached.

## Seasonality

Pears are available in grocery stores all year round.

Local varieties are available August to December.

## Nutrition

A medium pear has 96 calories and is a good source of fibre and also contains potassium, folate and vitamin C. Pears contain pectin, a soluble fibre that helps to lower blood cholesterol levels.



**This all in one dinner will save you from using lots of dishes!**  
[www.halfyourplate.ca/recipe/easy-oven-packet-caribbean-tilapia-with-pears-and-carnival-roasted-potatoes/](http://www.halfyourplate.ca/recipe/easy-oven-packet-caribbean-tilapia-with-pears-and-carnival-roasted-potatoes/)

