

# Harvest of the Month

## Pears



- Washington's fresh pear production is the largest in the United States.
- In Washington State, pears are the 3rd most valuable tree fruit crop behind apples and sweet cherries.
- Combined annual fresh pear harvest for Washington and Oregon currently averages over 582,000 tons
- Washington and Oregon export about 35% of their fresh pear crop to more than 50 countries.

## All about Pears

### Types of Pears

- D'Anjou – refreshingly sweet and juicy with a hint of citrus
- Red Anjou – aromatic, juicy, fresh and sweet
- Bartlett – signature pear flavor with abundant juice
- Red Bartlett – juicy and sweet with a floral essence
- Bosc – crisp and woody with a honey sweetness
- Comice – succulent, buttery, and very sweet
- Forelle – crisp, tangy, and refreshingly sweet
- Seckel – bite-sized, crunchy and ultra-sweet
- Starkrimson – aromatic, moist and sweet with a floral essence
- Concorde – crunchy and earthy with a hint of vanilla

### History of pears

- Pears originated in the Northern Hemisphere of Europe and Asia.
- Pears are one of the world's oldest cultivated fruits. In *The Odyssey* (written 2,800 years ago), the Greek poet Homer lauds pears as a "gift of the gods".
- During the Edo period in Japan (1603-1868), pears were commonly found on the corners of properties to ward off misfortune.

### **Other Fun Facts:**

Pears are a unique fruit in that they ripen best off the tree. As such, pears are transported when they're mature, but not always ripe. You can ripen them at home after you buy them.

There are over 3,000 known pear varieties grown around the world, but only a handful of heirloom varieties have been carefully cultivated into the juicy, delicious Northwest Pears. Each has a distinctive character, texture, and flavor. Try them all to find your favorites!



### **Why eat pears?**

Because they're delicious of course!

Pears are among the most popular fruits in the world, and it's no wonder why! They are an excellent source of fiber and a good source of vitamin C for only 100 calories per serving. Pears are also a natural source of antioxidants, which are important in the prevention of cardiovascular disease, cancer and diabetes, may improve immune function, and lower risk for infection.