



Harvest of the Month

ASIAN PEAR

Nutrition Information

- Excellent source of dietary fiber, particularly if you eat the skin. A good source of potassium, magnesium, and copper. Rich in Vitamins C and K.
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Selection and Storage

- Asian pears bruise easily, so you want to look for those that have been carefully handled.
- Look for firm pears with no bruises or soft spots. Their skin can vary from green to yellow to reddish-brown.
- Gently press near the stem. If it yields to pressure, it's ripe.
- Store unripe pears at room temperature, and once ripe, refrigerate them for up to three months.

Fun Facts

- Asian pears have been cultivated for over 3,000 years, with nearly 3,000 known varieties.
- Asian pears are also called sand pears or apple pears.
- Asian pears were first introduced to the U.S. in 1820 by William Prince, who imported a "sand pear" from China.
- Asian pear seeds were planted in California by Chinese workers after the 1849 Gold Rush, and Japanese immigrants later brought improved varieties.
- Washington's rich volcanic soil helps it produce 75% of the nation's pears.
- In East Asia, Asian pears are often gifted for their long shelf life and prized flavor.



Recipes

- [Pear Quesadillas - Food Hero](#)
- [Pear Bureau NW Food Service Site w/ Recipes](#)

Asian pears are great served fresh, baked, or dried. While creditable recipes with Asian pears are limited, they are great in sauces and smoothies. You can create or adapt your own recipe using the USDA Recipe Analysis Workbook (RAW) to ensure credibility.



Educational Resources

- Pear Bureau Northwest has a wide selection of kid activities featuring pears including: [Connect the Dots](#), [Word Scramble](#), [Word Search](#), [Mix and Match](#), and a [Home Cookbook for Kids](#).
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their [Pear Basics Information Sheet \(Spanish\)](#), and [Pear Coloring Sheet \(Spanish\)](#)
- [WSDA Washington Pears Poster](#)
- [The Story of Pears in the Pacific Northwest Video - USA Pears](#)
- [Asian Pear Growing Guide Video - Raintree Nursery, Morton, WA](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).