



## Harvest of the Month

# ASIAN PEAR

### Nutrition Information

- Excellent source 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

### 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 grain-based desserts, 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 \(Spanish\)](#)
- [Grades 3-5 Curriculum: Tree-mendous Fruits - WA Ag in the Classroom](#)
- [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](#).**