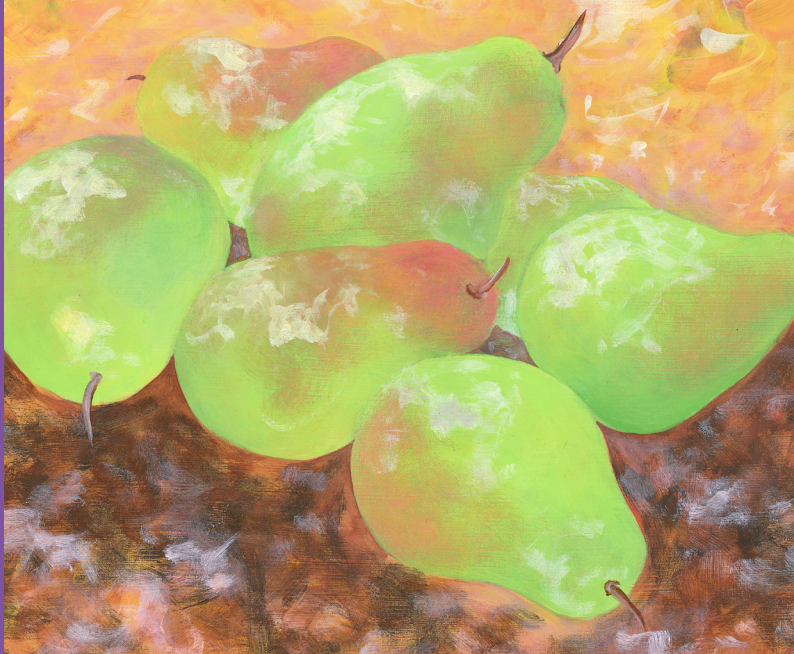


# Harvest of the Month



## PEARS



### Literature Links

- *Ned's New Home*, by Kevin Tseng
- *Too Many Pears*, by Jackie French and Bruce Wheatly
- *The Pear Violin*, by Bingbo

### Local Highlight

Pears are not cultivated as much as other tree fruit in Humboldt County, but some inland farmers grow both European and Asian pears for market.

Check out our video about local pears and McIntosh Farm:

[vimeo.com/channels/hcoenutrition](https://vimeo.com/channels/hcoenutrition)

### Joke Corner

What does a pear tree do before growing its fruit?  
It pre-pears.

What fruit do twins love?  
Pears.

Where do fruits go on vacation?  
Pear-is.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



# Harvest of the Month



## PEARS

European Pear: *Pyrus communis*

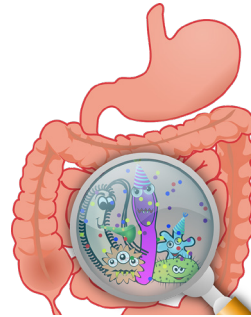
Asian Pear: *Pyrus pyrifolia*



Spanish: las peras  
Hmong: txiv moj coos

### Nutrition Power

Pears are an excellent source of fiber and phytonutrients.



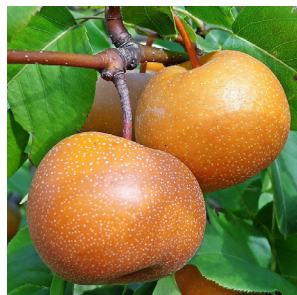
Fiber helps your digestion!



Phytonutrients help your heart!

### History

Pears can be divided into two categories, European and Asian. Both have been cultivated for over 3,000 years! European pears originated in Europe and Western Asia. They are known for a buttery texture and rich flavor and aroma. Asian pears originated in East Asia. They tend to be round, with crisp flesh and mild flavor. The Pacific Northwest has the perfect climate for growing pears and has become the leading region of production in the United States.



### Did You Know?

- Plant part we eat: FRUIT



- There are thousands of varieties of European and Asian pears in the world!
- The Bartlett pear variety is the most common pear in the U.S.
- European pears ripen from the inside out! They are picked when firm and are allowed to ripen after harvest. If left on the tree until they seem to be at the ripe stage, the pear will be mushy and mealy beneath the skin.
- Asian pears ripen on the tree and are best eaten firm.