

Pears



Nutrients

Which nutrients does it provide? What is the nutrition?

Copper - Essential mineral involved in energy production, supports a healthy immune system, nerve functions, good heart health and cholesterol metabolism

Vitamin K - Helps promote blood clotting, muscle contractions, heart functions and healthy bones in the body

Vitamin C - Strengthens immune system and promotes skin health, iron absorption, and wound healing

Folate - Important for normal cell growth and energy production

Provitamin A - supports wound healing

Niacin - important for energy production

When it's at its peak nutritional content? Raw

How It's Served

Texture - Depending on the ripeness, pears can be crunchy, crisp or soft, Can be a little grainy

Flavor profile - Pears get sweeter as they ripen

Common Uses:

See it served, what does it look like on a plate.

What is the recommended serving?

- People typically consume pears raw. Pears can also be tasty when consumed after cooking them. Try roasting a pear in the oven or slicing it up and putting it on your pizza.
- Consuming the peel provides you with 6x the antioxidants compared to just eating the flesh.
- ½ cup is one serving = 1 medium pear

Where it Grows

How does it appear in nature?

Pears grow on trees

When is it in season?

August-December (depends on the type of pear)

Health Benefits

- Eye health
- Reduces risk of heart disease
- High in antioxidants - Reduce inflammation, boosts immune system, promotes good skin and eye health, protects cells from damage, may protect against the development of heart disease and cancer
- Fiber - Aids digestion, helps prevent spikes in blood sugar, can help protect against the development of certain cancers

FUN FACTS:

There are over 3000 varieties of pears. The most common types in the US are bartlett, bosc, and Anjou.

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