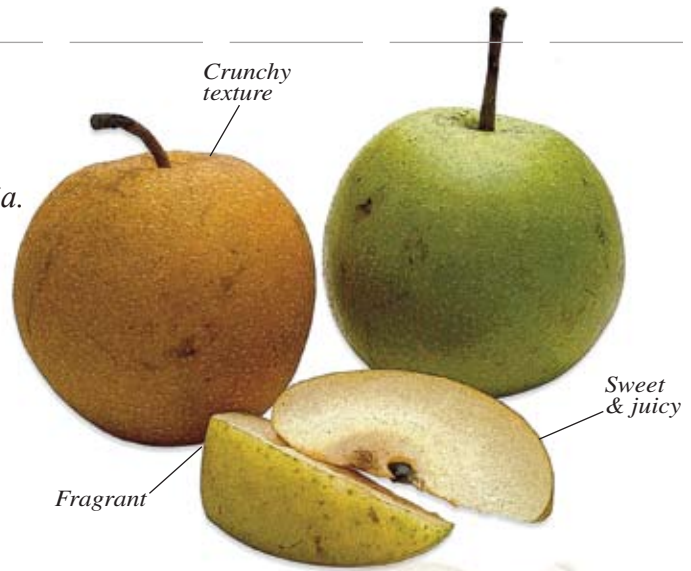


asian pear

Botanical Name: Pyrus ussuriensis, Pyrus pyrifolia.

Asian Pears are the oldest cultivated pear known, dating back to 1100 B.C. Chinese miners who migrated to California during the gold rush days, brought with them Asian Pear seeds. There are more than 25 varieties of Asian Pears known in this country and more than 100 in Japan.



description ?

Asian Pears are basically round in shape like an apple. They may be green, yellow or brown. The skin can be smooth and shiny or sprinkled with confetti.

retail/display

Asian Pears will have the longest shelf life displayed at 34 to 36 degrees on a refrigerated rack for up to 5 to 6 months or stored at 45 to 55 degrees for up to 14 days. Misting will cause brown spots to appear on the skin. Merchandise Frieda's Asian Pears with other specialty fruits or next to apples or pears.

availability

July-January,
Product of U.S.A.
February-June;
Product of Chile

SMTWTFSS
1 2 3
4 5 6 7 8

pack/upc/plu

1 layer 8-32ct.,
2 layer 28-64ct.
PLU: 4406- White
4407- Yellow
4408- Brown

selection/storage

Select fragrant, firm pears with no apparent blemishes or bruises. Refrigerate for up to 1 month.

usage

Eat out of hand or add to fruit salads. May be baked like apples.

Nutrition Facts

Serving Size 140g	
Amount Per Serving	
Calories 60	Fat Cal. 0
% Daily Value	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Asian Pear Sauce

2 medium Frieda's® Asian Pears,
cored, peeled, and cut into quarters
1 slice lemon
1-2 Tbsp. honey
4 whole cloves
1-2 Tbsp. lemon juice

In a saucepan, place Asian Pears with 3 cups water, lemon peel, and cloves. Bring mixture to boiling; reduce heat. Simmer, covered, for 20 to 30 minutes, or until tender. Remove pears from liquid, reserving liquid. Place pears in food processor or blender; process until smooth. Add 2 to 4 tablespoons of the cooking liquid to the puree until mixture has a sauce consistency. Add lemon juice and honey to taste; serve warm or chilled. Store tightly covered in refrigerator. Use on pancakes, waffles, French toast, over poundcake, apple pie, or ice cream. Makes about 1 3/4 cups sauce.

