



Selection:

Choose pears that are firm, unmarked, and unbruised. Ripe pears will be fragrant and give slightly to pressure. There are many varieties of pears, do not determine ripeness based on color.

Storage:

Store unwashed, ripe pears in a resealable plastic bag in the refrigerator for up to 3 days. Store unripe pears in a brown paper bag that has small holes, with an apple or banana, at room temperature for 2 to 3 days or until ripe.

Room Temperature: 2 to 3 days or until ripe

Refrigerator: Up to 3 days

Use:

Rinse pears thoroughly before preparing. Pears are good for both cooking and eating raw, with or without the skin. If using for baking, choose pears that are fairly firm.

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of pears you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Pears

Use this table to find the total cost.

Example: What is the total cost for 2 lbs of pears at \$1.29 per lb? **2 lbs x \$1.29 = \$2.58**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Know how. Know now.

Nutrition:

1 medium Pear

Nutrition Facts	
Serving Size 1 medium (166g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 medium pear. All pears are not the same size, but you can use this to estimate the nutrition content for a smaller or larger pear.

Recipe:

Pear Brown Rice

Preparation Time: 30 minutes

Serves 6

Cups of Fruit per Serving: ½

Ingredients:

3 tablespoons lemon juice
2 teaspoons finely chopped garlic
¼ teaspoon ginger
¼ teaspoon ground black pepper
2 pears, diced
3½ cups cooked brown rice
½ cup chopped green onions
½ cup diced celery
3 tablespoons vegetable oil

Preparation:

- 1). In a small bowl, combine lemon juice, garlic, ginger, and black pepper. Add pears to the mixture and set aside.
- 2). In a large bowl, combine brown rice and remaining ingredients. Gently fold in pears.
- 3). Serve immediately or chill in the refrigerator.

Nutrition Information per Serving:

Calories 240, Total Fat 8 g, Saturated Fat 1 g,
Cholesterol 0 mg, Sodium 20 mg, Carbohydrates 40 g,
Dietary Fiber 5 g, Protein 3 g.

