

ASIAN PEAR



Asian pears are known by many names which include Japanese pears, sand pears, apple pears, or Chinese pears. Native to Japan and China, today Asian pears not only grow throughout Asia but are grown around the world in Italy, the United States, Spain, and Argentina. Asian pears originating from Japan have clear yellow, brown, or yellow-brown skin while those from China are clear-skinned and green-yellow. Asian pears are said to resemble apples because they are crisp and juicy like apples.

Good quality Asian pears are selected by smell rather than firmness. Unlike other pears that yield to gentle pressure when ripe, Asian pears are ripe even when they are extremely firm. Look for Asian pears that have a fairly strong and sweet aroma. Asian pears are best eaten raw and are a great source of fiber and vitamin C.