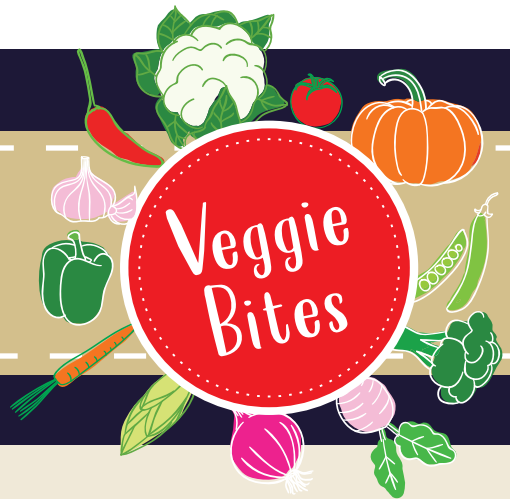


# Pear Peras



Try It!



## PEARS WITH WALNUT AND SPINACH WITH CITRUSY DRESSING

### Ingredients

#### Citrusy Dressing

- 1 very ripe or overripe USA Anjou or Bartlett Pear, peeled, cored, and coarsely chopped
- 1/4 cup mandarin orange juice
- 1/4 cup unseasoned rice vinegar
- 2 teaspoons grated fresh ginger
- 1/4 teaspoon black pepper
- 2 tablespoons toasted sesame oil

#### Salad

- 1 5 oz bag of baby spinach
- 1 large, Green Anjou Pear
- 1/4 cup walnut pieces, divided

### Instructions

1. To make the dressing: Combine the pear, vinegar, ginger, salt, and pepper in a blender and process until smooth. Add the sesame oil and blend to combine. Taste and adjust the seasoning. Use immediately or refrigerate in a sealed container for up to 1 week.
2. In a large bowl, place baby spinach. Add thinly sliced pears, 3/4 cup of walnuts with 4 tablespoons of the dressing, and toss to coat. Taste and adjust the seasoning with more salt and pepper, as needed.
3. To plate, serve to small plates and sprinkle remaining walnuts on top.

## Selection

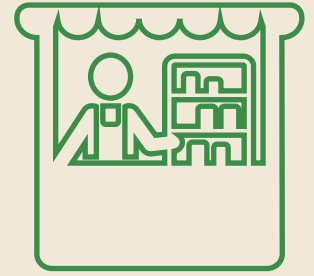
- Select pears that are firm and free of any bruising, blemish or disease.
- Ripeness is best determined by color. Color depends on the variety. For example, the Bartlett pear is green when unripe, but turns to yellow when ripe. The Bosc and Concorde do not change color. Use the “check the neck” test. The pear is ready to eat when the fruit gives slightly when pressed at the stem end.
- Pears sold in the store are green to allow for additional days at home ripening.

## Uses

Most often, pears are eaten fresh. They can also be baked, poached, sautéed, roasted or grilled. They can be used as an ingredient in baked goods. They are also made into preserves, jams, and chutneys.

# History & Fun Facts

The pear is a fruit that has been cultivated for centuries. There are thousands of varieties, but the most common to grow in Wisconsin include European and Asian. European pears are the variety most are familiar with and native to southern Europe and the Middle East. They have a typical pear shape. Asian pears are native to China and Japan. This variety is shaped like an apple, but have the flavor and texture of a pear.



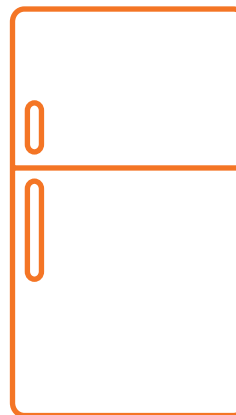
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Pears will not ripen on the tree. They must be harvested when mature, but not completely ripe. To ripen, place in a loosely closed paper bag at room temperature.
- After pears are ripe, store in the refrigerator in a perforated bag. Pears do best in cool, high humidity temperatures. For short-term storage, cool below 40° F. To store longer, temperatures should be even cooler at 32°-34° F with high humidity.
- Do not freeze fresh pears. Cooked or processed pears (such as a sauce) can be frozen in an airtight container.
- Do not store with vegetables – pears pick up the odors of other foods easily.
- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.



### NUTRITION FACTS

- Excellent source of fiber
- High in Vitamin C
- Sodium, fat and cholesterol free



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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Sources: University of Wisconsin-Madison, Extension "Growing Pears in Wisconsin", 2006; USA Pears at [www.usapears.org](http://www.usapears.org), 2018

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