

# ASIAN PEAR



*The Asian pear, or nashi, is a round, crunchy fruit native to East Asia, grown in China, Japan, and Korea. Similar to an apple in shape and firmness, it offers the sweetness and fragrance of a pear. Its thin, golden to greenish-yellow skin encloses pale, juicy, and refreshing flesh, which is firm when ripe.*

## AVAILABILITY AND PROVENANCE

### PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

CHINA

**CLIENTÈLE CIBLE: INDIEN ET ASIATIQUE**

## OPTIMAL TEMPERATURE FOR CONSERVATION

0 - 1 °C for 2-3 months

## PURCHASE GUIDE

Look for a pear with a smooth, taut skin. Also, it should not have any signs of bruising and its stem should be present.

## CONSUMPTION

Asian pears are best enjoyed fresh to appreciate their crisp, juicy flesh. After rinsing and removing the core, they can be eaten plain, in fruit salads, with cheese, or in savory dishes for a refreshing touch. They can also be juiced or blended into smoothies.

## NUTRITIONAL VALUE

The Asian pear, light and hydrating, is rich in fiber, vitamin C, and potassium, with some vitamin K and copper. Its high water and natural sugar content makes it a crunchy, healthy, and revitalizing snack.

