

Did you know?

There are over **130 varieties** of pears grown in Canada. And in Quebec, there are 15 varieties that can tolerate our climate. In September and October, you can go pick your own pears at an orchard.

5 ways to use them

- For a great snack, serve pears fresh, in a **purée** or a **fruit salad**, along with a piece of cheese.
- For a quick dessert, dip pear pieces in a **chocolate fondue**, **caramel** or **vanilla yogourt**.
- Pears make great desserts for sharing: **breads**, **muffins**, **pies** or **crumbles**.
- A pear coulis or pieces of pear go great with **pork**, **deli meats** and **poultry**.
- If you're looking for something new, make a **sorbet** with water, sugar, lemon juice and pears.

Good to know!

When you give a pear to a child under the age of 4, be sure to **remove the core**. It has small, hard seeds that can cause choking. You can also remove the skin, which can be harder for little ones to eat.

Tip to reduce waste

Are your pears **damaged**, **soft** or **turning brown**? Make a purée with them or use them in cakes, muffins or smoothies. You can also freeze pear pieces or puréed pears.



Choosing them

Choose **smooth** and **firm** pears that are **free of mould**. To find out whether a pear is ripe, press gently on the stem end. If the pear gives under the pressure of your finger, it's ready to eat and will be nice and sweet.



Why we like them

Pears have a unique shape and **juicy flesh**. When they're ripe, they're sweet and dissolve in the mouth. They're a sure-fire hit!

Storing them

Pears will keep on the counter for a few days or about **1 week** in the fridge. Since pears absorb odours, keep them away from foods that have a strong smell.