

# OREGON PEARS

Oregon's main growing regions are in Hood River Valley and Rogue River Valley.



The first arrival of pear trees to Oregon and Washington came with the pioneers by way of the Oregon Trail.

There are over 3,000 varieties of pears worldwide.

Pears have been cultivated for nearly 4,000 years.

Pears are a member of the rose family and related to apples.

## NUTRIENTS FOUND IN PEARS

- ~ Pears are a good source of dietary fiber, which is important for digestive health.
- ~ There are about 100 calories in a pear.
- ~ Pears are a source of vitamin C, which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.

Pears ripen from the inside out. The best way to check pears for ripeness is to "check the neck." Gently press near the stem with your thumb. When it gives to gentle pressure it is ready to eat.



Oregon is 2nd in the US in pear production after Washington. Together Oregon and Washington produce 84% of the nation's fresh pear crop.



Pears are best when ripened off the tree. For best flavor, pick pears when hard, refrigerate for a few days to a few weeks (depending on the variety) and then allow pears to ripen at room temperature.



Pears are Oregon's number one tree fruit crop, and Oregon's Official State Fruit.

