PEARS

Ready or Not: When are pears ready to eat?

Ripe and Ready-to-Eat in 4~6 Days

When your pears are green and firm, set them in a fruit bowl at room temperature for four to six days and they will ripen on their own. Do not put them in the refrigerator yet.

Ripe and Ready–to–Eat in 2~3 Days

When your pears are turning from green to yellow and losing their firmness, leave them alone for a couple more days, allowing them to ripen completely. If you prefer eating pears that are more firm, place them in your refrigerator to slow further ripening.

Ripe and Ready-to-Eat

When your pears are golden yellow, they are ripe and at their juiciest, most flavorful stage. These pears are ready-to-eat. Place them in the refrigerator to slow further ripening.

Breakfast Pear Parfait

Ingredients:
- 2 cups plain oat cereal
- 2 cups of honey oat cereal
- 2 cups pared and diced pears
- 2 cups of vanilla yogurt
- Small paper cups.

Directions:
1. Mix cereals together
2. Top mixture with pears and low fat yogurt
3. Divide evenly among cups and serve

Preparation Tips:
- To prevent browning of the pears after slicing it, rub a little lemon juice on the flesh.
- A ripe pear is good for eating alone, baking or poaching.
- An overripe pear is good for making smoothies or a blended drink
- Most of the fiber in a pear comes from the skin, but if you need to peel the skin off, use a sharp paring knife or a peeler

Source: www.calpears.org