

★ Introducing ★

★ Paula the Pear ★

Paula the Pear is an old classic you must try!



Hello everyone – I'm Paula the pear, I think as far as delicious fruits go I'm underrated. I can PEAR-ly stand it!

I can be yellow or green and have a rounded shape that becomes narrower towards the stalk. Some people say I'm shaped like a tear drop, but to me, that doesn't make sense because my sweet juicy flavour makes people smile – not cry!

Did you know?

I'm a Bartlett Pear and we are the pear most commonly found in Europe. However, there are lots of different types of European pears... my brothers and sisters. We all have crazy names like Starkrimson, Concorde, Bosc, Comice and Green Anjou, Seckel and Forelle. I also have some Asian cousins! Us European Pears are generally sweeter and softer than Asian pears. However, Asian pears, which are extremely juicy and crisp, are one of the most popular fruits among Asian cultures.

Why are pears so good to eat?

Pears pack a nutritional punch! They are a great source of dietary fibre and Vitamin C! They also contain other vitamins and minerals including copper, iron, potassium, manganese and magnesium as well as B-complex vitamins such as folates, riboflavin and pyridoxine.

How are pears grown?

Bartlett pears grow on a tree. The standard Bartlett pear grows to a height of about 20 inches. The ideal conditions for this tree are full sun exposure. It should get at

least six hours of direct sunlight each day. Bartlett trees have been known to continue producing pears for over 100 years!

How to store pears

To speed up ripening, pears can be put in a brown paper bag. Ripening occurs naturally at room temperature and results in more flavourful juicy pears. Because of this do not refrigerate pears until they are fully ripe!

Fun ways to prepare and eat pears

Pears can be eaten raw, baked or poached for pies and crumbles or to serve with low protein custard and fruit salad.

Pears come in canned varieties – however beware that they may be in a sugary syrup.

We can be made into chutneys and salsa and also would you believe it... soup! Not you're traditional soup but I challenge you to be at true Bravebud and taste it! See the recipe below.

Recipe

Butternut Squash and Pear Soup

Ingredients:

- 2 tablespoon extra-virgin olive oil
- 1 small onion, cut into ½-inch dice, (1 cup)
- 2 garlic cloves, minced
- 3 cups diced butternut squash,
- 1 apple, unpeeled and cut into 1-inch dice
- 1 pear, unpeeled and cut into 1-inch dice
- ½ teaspoon curry powder*
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 4 cups of vegetable stock*
- Salt and black pepper to taste

*Always check label for protein content or ask your dietitian for suitable brands.

Method:

1. Heat the oil in a Dutch oven or large saucepan over medium heat. Add the onion and cook, stirring frequently, until tender, 5 minutes. Stir in the garlic and cook until fragrant, 1 more minute.
2. Add the squash, apple, pear, curry powder, cinnamon, and ginger and stir to combine.
3. Stir in the stock, increase the heat to high, cover, and bring to a boil. Once boiling, reduce the heat and maintain at a low boil, covered, until the squash is tender, about 30 minutes.
4. Puree the soup and season with salt and pepper to taste.

Best bit -

Pears are naturally low in protein and can make up a delicious part of your diet – so what are you waiting for give me a try.

How many times did you try it? _____.

Did you earn your star? ★

