



Geography/History

The **Forelle Pear** was a chance seedling first cultivated in Saxony, Germany in 1670. The Forelle pear is among only two dozen cultivars of European pears that are cultivated worldwide. The European pears require winter chilling to produce fruit. Without frost generally trees will not produce crops. The Forelle was introduced into America by German immigrants in the 1800's. It is grown in the Pacific Northwest states of Oregon and Washington. Forelle pears are picked when they are mature but not fully ripened. Fully ripened tree fruit will most likely drop from the tree, never making it to successful harvest.



See the table below for in depth analysis of nutrients:
Pears (Pyrus communis), Fresh,
 Nutritive value per 100 g

Principle	Nutrient Value	Percentage of RDA
Energy	58 Kcal	3%
Carbohydrates	13.81 g	11%
Protein	0.38 g	<1%
Total Fat	0.12 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	3.10 g	7%
Vitamins		
Folates	7 mcg	2%
Niacin	0.157 mg	1%
Pantothenic acid	0.048 mg	1%
Pyridoxine	0.028 mg	2%
Riboflavin	0.025 mg	2%
Thiamin	0.012 mg	1%
Vitamin A	23 IU	1%
Vitamin C	4.2 mg	7%
Vitamin E	0.12 mg	1%
Vitamin K	4.5 mcg	4%
Electrolytes		
Sodium	1 mg	0%
Potassium	119 mg	2.5%
Minerals		
Calcium	9 mg	1%
Copper	0.082 mg	9%
Iron	0.17 mg	2%
Magnesium	7 mg	2%
Manganese		2%
Phosphorus	11 mg	2%
Zinc	0.10 mg	1%
Phyto-nutrients		
Carotene-β	12 mcg	--
Crypto-xanthin-β	2 mcg	--
Lutein-zeaxanthin	45 mcg	--

Description/Taste

Forelle Pears are a petit, bell shaped pear with yellow skin that is dotted with crimson red freckles (known as lenticles) signaling the pears' maturity. Younger Forelle pears will be green while the red coloring is always present. Only ripe Forelle pears will possess qualities that highlight the pears best virtues. Ripe Forelle pears are fragrant, their flesh, crisp and firm yet juicy, with flavors bright and candy sweet.

