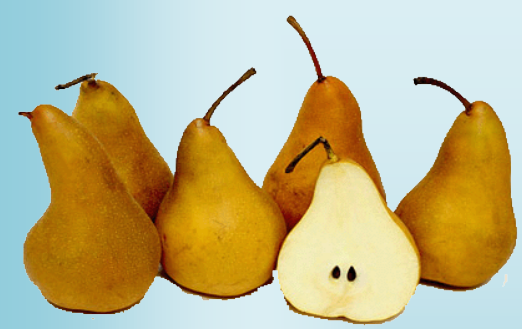




Geography/History

Bosc Pears first introduced to the eastern United States in the early 1830s, the Bosc pears grown in the United States today are considered to have originated in France. Bosc pears grow well in the Northwest, especially with the soil and climate of Oregon and Washington State. California also supplies these popular pears to the market.



See the table below for in depth analysis of nutrients:
 Pears (*Pyrus communis*), Fresh,
 Nutritive value per 100 g
 (Source: USDA National Nutrient data base)

| 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

The **Bosc Pear**, pronounced Bahsk, has a long tapering neck and lengthy stem. Shaped like no other pear and ranging from deep yellowish-brown to dark tan, its tender skin is brushed with bronze-russet markings. The dense crunchy flesh of this pear is sweetly spicy. To test for ripeness, use the typical thumb test for pears at its stem end. Bosc pears will yield to slight pressure somewhat less than other ripe pears because of their extra firm texture.

