



Bartlett Pears

#F3400 | 44/Lb

Overview:

Bartlett pears are one of the most popular pear varieties, known for their classic bell shape and sweet, juicy flavor. They are unique among pears because their skin color changes from green to golden-yellow as they ripen. This variety is versatile and enjoyed fresh or used in a variety of culinary applications.

History:

The Bartlett pear originated in England around 1770, where it was known as the Williams pear. The variety was brought to the United States in the late 1790s, where a Massachusetts nurseryman named Enoch Bartlett began distributing it under his own name. In many parts of Europe, the pear is still referred to by its original name, Williams or Williams Bon Chrétien.

Growing Region:

Bartlett pears are a global crop, grown in temperate regions and requiring a long, frost-free season. They are the most widely grown pear in the United States and Canada, with major producing regions including California, Oregon, and Washington. The trees thrive in full sun and well-drained soil and can be very long-lived, sometimes producing fruit for over 100 years.

Nutrition:

Bartlett pears are a good source of dietary fiber, with one pear providing about 4 grams total. They are also a good source of potassium and vitamins C and K as well. A medium-sized pear contains about 100 calories and is virtually fat-free.

Preparation:



Bartlett pears are perfect for eating fresh from the tree or your local grocery store. They have a smooth and buttery texture when fully ripe. They are also traditionally known as the “canning pear” because they hold their shape and sweetness well during the preservation process. The fruit is also a popular ingredient in desserts like tarts and pies. They can also be added to savory dishes and salads.





Green Bell Peppers

#HB358 | 1.11/Bu

Overview:

Green bell peppers are a variety of the species *Capsicum annuum* that are harvested before they are fully ripe. They have a glossy appearance, blocky shape, thick juicy flesh, and a distinct grassy or slightly bitter flavor. As they mature, they will naturally ripen into yellow, orange, or red peppers, which are sweeter and less bitter in taste.

History:

Bell peppers are native to the Americas, with archaeological and genetic evidence suggesting they were first domesticated in present-day Mexico about 6,000–7,000 years ago. The pepper seeds were introduced to Europe in the 15th century, from where they spread throughout Europe, Asia, and Africa. While the pepper itself has a long history, the non-pungent bell pepper cultivar was not developed until the 20th century.

Growing Region:

Bell peppers are a warm-season crop that thrives in a temperature range of 65°F to 80°F and requires a long, frost-free season with full sun. They are grown globally, with China being the largest producer, followed by Mexico, Indonesia, and Turkey. In the United States, major bell pepper producing states include California, Florida, and Georgia.

Nutrition:

Green bell peppers are low in calories but rich in nutrients, including vitamin C, vitamin B6, and vitamin A. One medium green bell pepper can provide over 100% of the daily recommended intake of vitamin C. They are also a good source of dietary fiber.

Preparation:



Green bell peppers can be enjoyed raw or cooked, making them a versatile ingredient in many cuisines. To prepare them, you can slice them for salads or sandwiches, or chop them for use in stir-fries, fajitas, and sauces. Their sturdy shape also makes them an ideal vessel for stuffing with various ingredients like meat, rice, and cheese before baking or roasting.

