Fruits

ABATE PEARS



Ref: PES-01

Italian name: Pere Abate

Weight order: 3-4 kg

Description: Pere Abate are richer in fructose and other simple sugars than most pears, and are therefore ideal when one needs a burst of energy. They are also a good source of fiber, mineral salts, and malic and citric acid, which are antioxidant.

Season: September and October

Serving suggestion: Though one can do other things with them, the classic Italian way of enjoying a pear is with a moderately firm wedge of Pecorino Toscano or Sardo.

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