

## GOOD FOOD BUYS THIS WEEK\*

**VEGETABLES**

Collards  
Bunch turnips  
Greens  
Cabbage  
Sweet potatoes  
Yellow onions  
Green beans

Fall greens are in abundant supply on the local markets from nearby farms. Bunch turnips offer a green vegetable as well as a root vegetable. Cabbage is more plentiful

than usual and the quality is good. Irish potatoe supply was hurt by storms and the price reflected the drop in supply with the rise last week. There is a good supply of green beans coming to market from South Carolina and some pole beans are on the market from Georgia and Florida.

**FRUITS**

Apples  
Bosc pears  
Cranberries  
Tokay grapes  
Bananas

There is a large variety of good quality apples on the market both for eating fresh and for cooking. Some of the apples are small but offer economic buys.

Bartlett pears have stopped but Bosc will be on the market for several weeks. Tokays take over as the most abundant grapes. The cranberry supply is increasing. Grapefruit and oranges are increasing in supply and quality and decreasing in price.

**DAIRY PRODUCTS**

Cheese  
Milk  
Ice cream  
Sherbet

Cheese is a plentiful and economical food. It is a real good buy for food shoppers because it has no waste--it is all

edible. Ice cream and sherbet good dessert choices--add fresh fruits or sirups for variety.

**POULTRY**

Eggs  
Broilers  
Turkeys

Small and medium size eggs continue as best egg value for your money. Fryers, broilers and turkeys are tasty, economical protein foods. Fryer prices are up a little. Turkeys are plentiful at economical prices.

**MEAT**

Pork  
Loin roast  
Sausage  
Bacon  
Beef  
Hamburger  
Chuck roast  
Lamb  
Shoulder roast

Pork is coming to market in greater quantity, bringing prices down a little. Better beef cuts continue in the upper price bracket. Plenty of economy-priced beef cuts for braising or roasting. Lamb prices are lower for whole or half leg of lamb. The wise shopper might try cold cuts, other variety meats and frozen fish for economical protein foods in the daily diet.

## WHAT'S NEW?

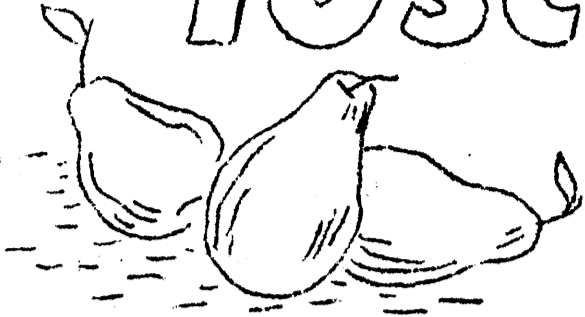
Pills for Citrus! Small packets of ammonia tablets now protect most citrus shipped from the Western states. Moisture in the fruit activates the dry chemicals, releasing sufficient ammonia gas to control mold growth. No chemical is detectable to the consumer, but a better product and less waste is the result.

## WHAT'S YOUR SHOPPING SCORE?

How did cranberries get their name?

Answer to last week's question: Pears that yield to pressure at the base of the stem are ready to eat.

# Luscious fruits...



## PEARS



### HISTORICAL BACKGROUND

The present glamorous pear was first known as *Pyrus Communis*, or common pear, and originated near the shores of the Caspian Sea. The conquering Romans brought pear seeds and pear trees to the Old World. In Europe pear growing was a part of monastery gardening and a hobby of the elite.

The soft melting flesh that gave the best pears the nickname "butter fruit" was at one time coarse and tart. Through selection and experimenting, fine textured and delicately flavored pears developed. Many thanks to the ancient monks and to wealthy noblemen of the 18th and 19th centuries. Their loving care and interest in gardening helped produce the present luscious pear.

### SELECTION

Pears in some form are available in retail stores the year 'round. Fresh pears are most plentiful from August to February. Canned and dried pears know no season.

When you select fresh pears, look for fruit that is:

- Firm or fairly firm, but not hard.
- Clean and free of blemishes--to avoid waste.
- Well-shaped for the variety.

Avoid pears that are wilted or shriveled--they may be poor quality or lack flavor. Avoid pears that have a water-soaked appearance as they are usually mushy and wasteful.

Color - is not a reliable guide to ripeness. Learn the color of each

variety when it is ripe. Some varieties are in prime condition when green or greenish-yellow, while others may be yellow and yet not ripe enough for eating.

Ripen off tree - Pears unlike many fruits, should be ripened off the tree for best flavor and texture. Normally, pears are picked when mature, but in a hard stage. Pears that have ripened in shipping or in storage (sometimes called "conditioned" or "ready to eat") yield to slight pressure at the base of the stem end.

### STORAGE

If pears are not fully ripe, let them ripen in a cool humid place (60°F. to 70°F.) in a fairly air-tight container for a few days. Pears that are fully ripe and ready to eat keep best in the refrigerator until eating time. Don't keep them too long for they may lose some of their delicate fresh flavor.

### YIELD

Three or four medium-size pears make a pound. One pound of fresh pears will yield about two cups of sliced or diced pears.

### SOME LEADING FRESH PEAR VARIETIES

Bartlett - by far the leading variety, on the fresh market from July to October. Suitable for eating fresh, canned or dried. Large, bell-shaped, smooth yellow skin often blushed with red; fine-grained flesh; juicy.

Bosc - on the market October to January; good for eating fresh and cooking--especial baking and broiling. A large pear with long, tapering neck; dark yellow with russet; slightly acid flavor.

Anjou (or d'Anjou) - in fresh supply October to March, good for eating fresh, cooking or canning. Large and chunky, thick-necked with short stem; has greenish-yellow skin, often russeted; fine-grained flesh; wine-like flavor.

Kieffer - formerly a favorite; leaf blight has about eliminated this variety.

Seckel - American pear distinct from other varieties. On market September to December; small, bell-shaped; brownish green skin becomes dull yellow brown with reddish blush when ripe; juicy, white, buttery flesh; spicy flavor.

#### CANNED

Label on canned pears provides information concerning the style, weight of contents, the liquid in which pears are packed, and in some instances, the grade of the fruit. These facts can be guides to the actual cost of each serving and to the appropriate use of the pears. The Bartlett varieties are canned most often.

Style - Pears are canned whole, in halves, quartered, sliced, diced, and as mixed pieces. Pickled and spiced pears, dietetic pears, and strained pears for babies are on the market. Read the label to see whether they are packed in extra heavy, heavy, or light sirup, pear juice or water.

Grade - The grade, if stated on the label, or the brand name of canned pears helps in planning the use of the food. Top grades are firm and uniformly well shaped pieces of fruit. They are preferred for salads, desserts, or garnishes. Lower grades are satisfactory for stewing, sauces, puddings, and other similar uses. All grades provide like amounts of nutrients.

The federal grades for canned pears are in order: US Grade A or US Fancy

rate highest in appearance; US Grade B or US Choice have reasonably good color and shape; US Grade C or US Standard have fair color, vary more in size, shape and defects than higher grades.

Pears which are below Grade C require special labeling to show "Below Standard in Quality".

#### USE

The versatile pear fits into any meal. It appears often as fresh and cooked fruit.

Fresh - sliced over morning cereal, in fruit cups, gelatin salads, raw salad combinations -- as a tasty snack -- garnish with mint and serve with crackers. Ripe unpeeled pear halves may be served with a spoon for a light dessert. Pears topped with mint, lime sherbet or peppermint ice cream make a luscious a la mode dessert.

Cooked - stew pears by cooking slowly in small amount of sugar sirup. Baked pears, peeled or unpeeled make interesting accompaniments to many dishes. Pears may be broiled, glazed, or pan fried to accompany meats. Pears are used in pies, tarts, turnovers, and upside-down cakes in much the same way as apples. Pears "take to" spices such as ginger, cinnamon, nutmeg and cloves.

To prevent discoloration, sprinkle any citrus fruit juices over fresh, peeled or cut pears.

#### A LUSCIOUS LUXURY

We eat about five pounds of pears per year, mostly in fresh form. Their appeal is mainly in the juicy, buttery texture, and inviting flavor. Pears do not contribute significant amounts of nutrients to the diet. One pear has only about one-twelfth of the daily vitamin C needs. A fresh pear has between 70 and 95 calories, depending on size.

D E M O N S T R A T I O N I D E A

## LUSCIOUS FRUIT - PEARS

- PURPOSE: How to choose and use pears.
- PROPS: Have at least three varieties of pears.  
Three styles of canned pears - whole, halves and diced.  
Paper bag and container with tight cover (to show correct way to store).  
Fruit bowl with fresh pears.  
Salad (using halves).  
Baked (with peeling left on).
- PROCEDURE: 1. Discuss history.  
2. Discuss different varieties of pears (pages 2 and 3), and how to select them (page 2).  
3. Discuss information on labels of canned pears and use for each style (page 3).  
4. Discuss home storage of pears (page 2).  
5. Show and discuss prepared dishes (page 3).
- SUMMARY: Pears are one of our most versatile and luscious fruits. Use them often in peak season for flavor and very few calories.

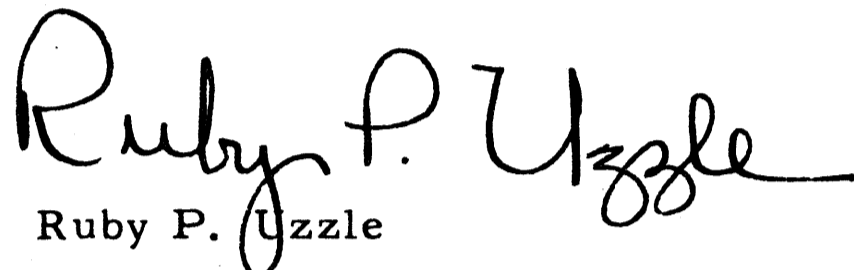
# *Tarheel* **FOOD SHOPPER**

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