

## SINGO PEARS – PLU 4406



The pears are native to Japan and China where they have been grown for over 3000 years. The first documented appearance of pear in the United States was recorded in 1820 when a Chinese sand pear was imported to Flushing, New York.

In the mid-1800's Singo pears made their way to the west coast by way of Chinese and Japanese Immigrants relocating to California after the Gold Rush.

Today pears are grown not only throughout Asia but in Italy, Spain, Australia, France, Chile and New Zealand as well.

All Shingo pears today are relatives of *Pyrus ussuriensis* (Ussuri pear) and *Pyrus serotina* (Japanese sand pear).

The pear is known by many names including Nashi, Japanese pear, sand pear and Chinese pear.

How to enjoy your Shingo Pear

Anyway, you eat it, you will fall in love with the Shingo Pears as the sweetness will melt in your mouths and your hearts. Best to eat as it is of course! Have a crunchy bite into the succulent fruit and let the sweetness linger in our mouth long after you have eaten it.

### **Health goodness:**

#### **Potassium**

Sodium and potassium have opposite and complementary effects, and the high potassium content in Singo pears can help to counteract the high sodium content in other foods. This is particularly important for its effects on blood pressure, as reducing your sodium intake and increasing your daily potassium can help to lower high blood pressure.

#### **Dietary Fiber**

Dietary fiber is essential for your intestinal health and helps to promote healthy blood cholesterol and blood pressure levels. In addition, a high dietary fiber intake helps you to feel full longer, which, coupled with the relatively low caloric content of a Singo pear, may help you to attain or maintain a healthy body weight.

#### **Vitamin K and Copper:**

Vitamin K is important for bone health and vital to your blood's ability to clot or coagulate. Another important micronutrient for blood and bone health is copper, which is essential to the production of energy, red blood cells, and collagen. One large Singo pear contains 15.3 percent of your daily copper.

#### **Vitamin C:**

This vitamin is important for the growth and repair of bodily tissues, healing wounds and repairing and maintaining bones and teeth. Similar to copper, vitamin C boosts iron absorption and plays the role of an antioxidant in your body. By removing free radicals from your body, these antioxidant effects add cancer prevention to the list of health benefits of Singo pears.