

# SECKEL



The smallest of all commercially grown pears, Seckels are exceptionally sweet. So sweet in fact, that the bite-size morsels are sometimes called "sugar pears." Seckel pears are Low-fat, sodium-free, a source of fiber, a source of vitamin C, and Cholesterol-free.

Identifying a Seckel: Seckels are tiny pears, with a chubby, round body, small neck, and short stem. Their skin is usually olive green, but frequently exhibits a dark maroon blush that sometimes covers the entire surface of the pear..

Seasonality and Ripening: Sweet Seckel pears are in season from September through February, and harvest begins in the fall. Ripen pears at room temperature in a sealed plastic bag with a couple of ripe bananas. When the pear is ripe, refrigerate until you are ready to eat it.

History: Seckels are believed by many to be the only truly American variety of pear grown commercially. Unlike other varieties planted in the U.S. from European cultivars, Seckels are thought to have originated as a wild seedling near Philadelphia. They were discovered in the early 1800's. This may or may not be true, however. It is possible that German immigrants travelling westward through the area dropped fruit or left seeds behind.

# GALA



**Flavor Profile Well-balanced sweet and tart elements; hints of tropical fruit flavors.**

The Gala apple offers a wonderful balance of tart and sweet that help it stand up to a range of different flavors. It pairs well with bold, distinctive flavors such as curry powder, fresh ginger, tarragon, basil, and chives. In general, savory flavors complement the Gala best; sweeter ingredients can overwhelm the apple's own moderate sweetness.

# WHITE PEACH

White peaches are low in acid, allowing for their natural sweetness to be more pronounced. Their skin is fuzzy and creamy white in color with blushes of red and pink. When ripe and at room temperature the fruit releases sweet aromatics. Like yellow fleshed peaches and nectarines, the amount of red or pink tones in the skin will differ with each variety, but has no bearing on the ripeness. Peaches are high in vitamin C, dietary fiber, vitamin A, niacin and potassium.

