

Time to Enjoy Fruit Babugosha (Pear)



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Pears are a member of the rose family of plants which contains a long list of fruits including apples, apricots, cherries, peaches, plums, strawberries & almonds. There are more than 3,000 varieties of pears worldwide. Pears are found in a variety of colors, including many different shades of green, red, yellow, gold, and brown. Many varieties fail to change color as they ripen, making it more difficult to determine ripeness. The Babugosha, a variety of Pear is very useful & nourishing fruit. It contains numerous micro-nutrients & vitamins. The fragrantly sweet juiciness and pleasing colours brighten up both the taste and aesthetics of the fruit. Not only do Pears taste great, they are among the fruits ranked high in health-promoting antioxidants.

Nutrients

Pears fruit is packed with health benefiting nutrients such as dietary fiber, anti-oxidants, minerals and vitamins, which are necessary for good & great health. They have low calorie content. Most of these nutrients are present in significant amount in the skin of the fruit.

Health Benefits

1. One of the best & most effective amongst fruits which decrease the risk of type 2 diabetes.
2. Their consumption decreases risk of Heart disease.
3. Eating Pears reduces incidence of Cancers of Oesophageal, Colonic & other organs.
4. Found useful in the treatment of constipation, colitis, chronic gallbladder disorders, arthritis, and gout.
5. Because of their low calorie and high fiber content, regular consumption of pears may cause significant reduction in the body weight, and blood LDL cholesterol levels.
6. Pears are one of the more easily digested fruits. It could be due to its low acid content, especially in comparison to widely enjoyed citrus fruits like lemons, grapefruits, and oranges. Therefore, it could be the one of the first fruit to be introduced to an infant's diet. Its consumption at night will be a very pleasant experience without any associated dyspepsia or gaseous abdominal discomfort.
7. They are among the least allergenic of all the fruits. For the same reason, they are recommended as a safe alternative in the preparation of food products in allergic persons.

How to Select and Store

Choose fresh, bright, firm textured fruits with rich flavor. Avoid those with pressure marks over their surface as they indicate underlying mottled pulp. Some fruits, especially the Asian varieties may feature rusted speckles over their skin, which otherwise, is an acceptable characteristic. To determine whether a pear is ripe, don't start by squeezing the whole fruit. Instead, gently press only at the top of the pear, near its stem. If that spot gives in to pressure, the pear is probably optimally ripe for eating. If the flesh feels extremely soft, almost to the point of being squishy, the pear is overripe. For food safety reasons, it is recommended that overripe pears only to be used in cooked recipes rather than eaten raw. If available, purchase certified organic pears to lower your risk of exposure to unwanted pesticides, sewage sludge contaminants, and any other potential risks.

You can place store them in the refrigerator where they will remain fresh for a few days. If you want to hasten the ripening process, place them in a paper bag, and keep them at room temperature. Storing pears in sealed plastic bags or restricted spaces where they are in too close proximity to each other should be avoided since they will have limited exposure to oxygen, and the ethylene gas that they naturally produce will greatly increase their ripening process, causing them to degrade. Pears should also be stored away from other strong smelling foods, whether on the countertop or in the refrigerator, as they tend to absorb smells.

Tips for Preparing

Fresh pears are delicious & are to be eaten after thoroughly washing with clean water. Since their skin provides about half of the pear's total dietary fiber, antioxidants and anti-inflammatory phytonutrients, it is best to not peel the fruit but eat the entire pear. To cut the pear into pieces, you can use an apple corer, cutting from the fruit's base to remove the core, and then cutting it into the desired sizes and shapes. Once cut, pears will oxidize quickly and turn a brownish color. You can help to prevent this by applying several drops of lemon, lime or orange juice to the flesh.

How many Pears a day one should consume?

To derive optimum quantity of beneficial nutrients of pears, it is recommended that one should consume two pears a day. Wash them in clean running cold water before use to remove any surface dirt and pesticide or fungicide residues. Eat them while they are fresh to get maximum nutrient benefits. Otherwise, keep them inside the refrigerator where they will remain fresh for a few days.

One must take skin of the fruit. The skin contains all important nutrients including fibers in significant amount.

Cloudy fruit juice containing fruit pulp provide better nourishment than clear fruit juice that has had its pulp removed through filtering. Clear fruit juice lose about 40% of important beneficial chemicals. Therefore, it is recommended to consume less refined Pear's juice rather than clear one.

Conclusion

Therefore, let us enjoy Babgosha to the fullest, both to satisfy taste buds & health needs.