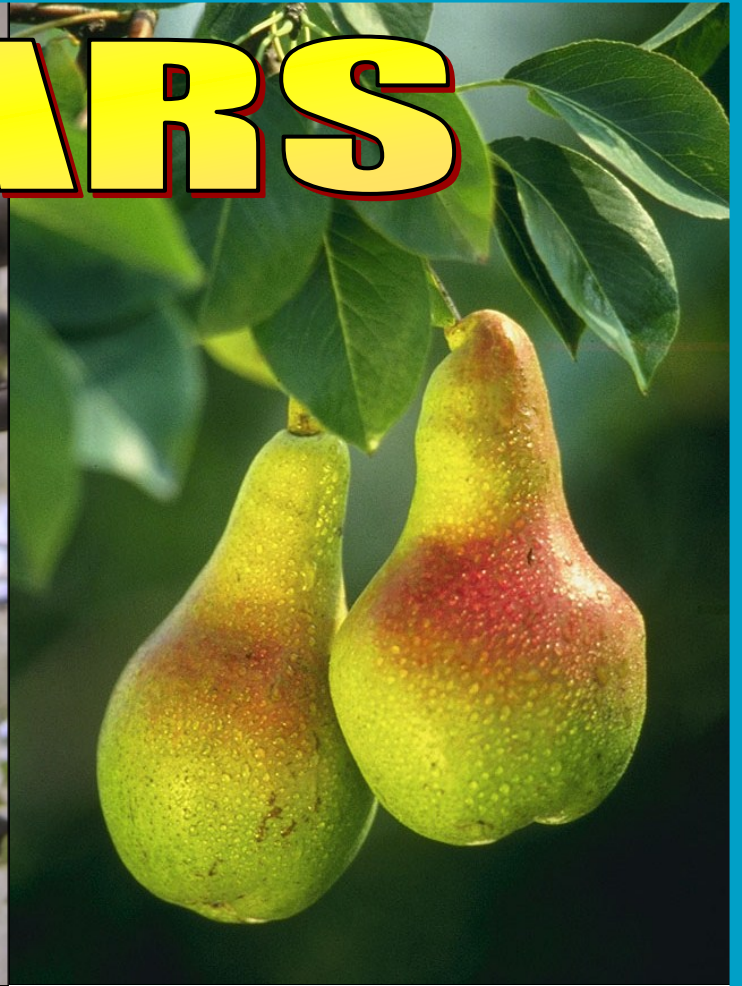


PEARS



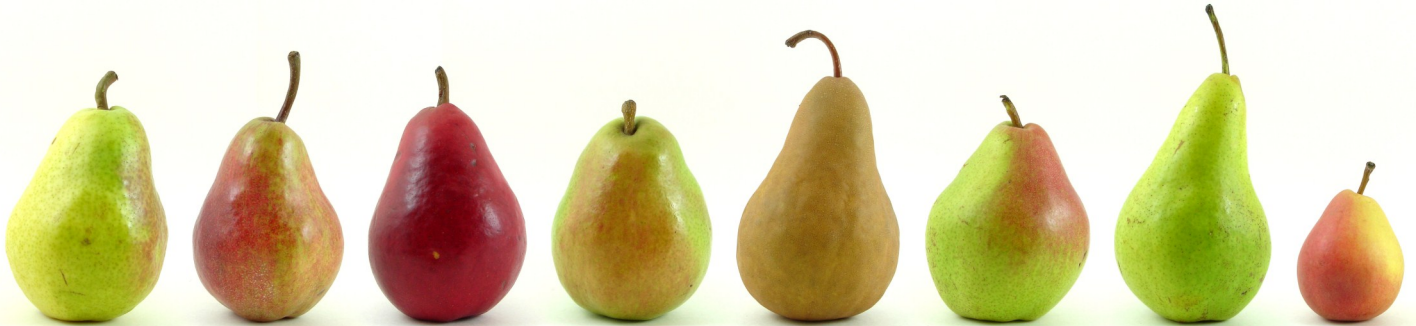
History/Origin

PEARfectly sweet and delicious!

- ☆ Pears are one of the **oldest fruits**.
- ☆ Wild pears grew in the woods and forests of **Central and Southwest Asia** since prehistoric times.
- ☆ The **Bartlett variety**, known as the **Williams pear** in Europe, was introduced to the U.S. by Enoch Bartlett in **1812**.
- ☆ Pioneers realized that pear trees did not thrive in the eastern settlements so they took them west to Oregon and Washington by the way of the **Lewis and Clark Trail**.



PEARS



Yellow
Bartlett

Red
Bartlett

Red
d'Anjou

Green
d'Anjou

Bosc

Comice

Concorde

Seckel

Beautiful Sweet Delicious

Botanical

- ☆ Pears are members of the **rose family** and related to the apple and quince.
- ☆ There are **over 3,000 known varieties**.
- ☆ Pears have a core with **several seeds**.
- ☆ Their paper-thin skins can either be **yellow, green, brown, red** or a combination of these colors.
- ☆ The **Bartlett, d'Anjou and Bosc** are the most popular.



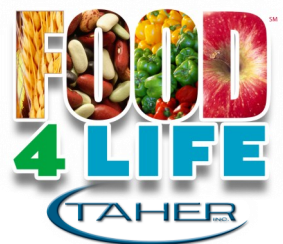


Nutrition

PEARS

The beauty of the pear is more than skin deep.

- ♥ They are **packed with nutrients and health benefits** making them a sweet, sensible choice.
- ♥ Nutritional value of pears:
 - ★ Excellent source of dietary fiber
 - ★ Good source of vitamin C & potassium
 - ★ Only 100 calories per serving
 - ★ Virtually fat-free
 - ★ No cholesterol or sodium
- ♥ Pears are the least allergenic of all fruits.





Fun Facts Facts

PEARS

PEARfectly sweet and delicious!

- ☆ Pear trees can produce fruit for up to **100 years**.
- ☆ Pears **ripen better off the tree**. They also ripen from the **inside out**.
- ☆ In the **1800s**, people were willing to pay over **\$20** for just one pear because pears were so rare and delicious!
- ☆ In 2005, pears were designated as the state fruit of **Oregon**. They grow enough pears that, if laid end to end, would wrap around the world twice.

