



# Pear

## What am I?

Pears are a sweet fruit generally in the shape of a bell or oval with a light green or greenish yellow color skin. They have a soft white flesh that surrounds a core containing seeds. Pears can be eaten fresh with their skin on or used for baking.

## How do I grow?

- Pears grow on trees that can live to be 100 years old.
- They do not ripen while on the tree but ripen from the inside out.



## Nutrition Facts

Pears are a good source of vitamin C, potassium and high in fiber.

## Fun Facts

- There are more than 3,000 varieties of pears but the most common are Bartlett, Anjou, Bosc and Comice pears.
- 95% of pears sold in the US are grown in California, Oregon and Washington.

