

PEARS

History of Pears

Pear trees were brought to America by colonists in the 1800's; however the climate in both Washington and Oregon was suitable for the growing of pears. Today, most pears are still grown in Washington and Oregon.

Facts

There are around 900 pear growers in Washington and Oregon!

Washington is the #1 pear grower; Oregon is #2.

When choosing pears, choose fresh pears! If you are going to choose canned pears, choose pears packed in juice to reduce added sugar from pears packed in syrup.

Nutrition

- 100 calories per serving
(1 serving = 1 medium sized pear)
- Fat free
- Sodium free
- Cholesterol free
- Source of Vitamin C
- Source of Fiber



Ways to Enjoy Pears

Enjoy fresh pears on their own, or slice and add to fruit salad, salad, smoothies or yogurt!