ALL ABOUT PEARS

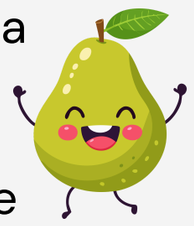




HEALTH BENEFITS OF PEARS

Pears are a great source of fiber. They also contain vitamin C. Pears are low in calories, making them a healthy snack.

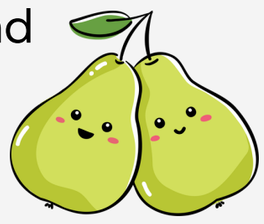
PEARS IN SOUTH DAKOTA



To grow pears in South Dakota consider planting cold-hardy varieties like "Luscious" or "Gourmet." Pears bloom quite early, so the crop may be lost to late frosts. Hoversten Orchards in Brandon, South Dakota, and Serendipity Farmstead in Hot Springs, South Dakota lists pears among their grown crops.

WHAT ARE PEARS?

Pears are sweet, juicy fruits that grow on trees. They have a bell-like shape with a wider bottom and a narrower top. Pears come in different colors like green, yellow, red, and even brown.



Nutrition Facts	
Portion Size	140 g
Amount Per Portion	
Calories	**80**
	% Daily Value *
Total Fat 0.2g	0 %
Sodium 1.4mg	0 %
Total Carbohydrate 21g	8 %
Dietary Fiber 4.3g	15 %
Sugar 14g	
Protein 0.5g	1 %
Vitamin D 0mcg	0 %
Calcium 13mg	1 %
Iron 0.3mg	2 %
Potassium 162mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

HOW DO PEARS GROW?

Pears grow on pear trees, which are usually found in temperate climates (places that aren't too hot or too cold). They are grown in countries like China, the United States, and Italy.
In the United States, pears are mainly grown in Oregon and Washington.



POPULAR TYPES OF PEARS

Bartlett- Sweet, soft, and juicy. Use in cooking and salads.
Red D'Anjou- Sweet, good firm or soft. Use in salads.
Tosca- Sweet, smooth, and juicy. Use in salads, baking, and poaching.
Concorde- Sweet, dense, and crisp. Use in baking (doesn't need to be soft).
Bosc- Firm, sweet-spicy, and crisp. Use in poaching or baking.

FUN FACTS

- Pears have been grown for over 3,000 years and were first cultivated in Asia and Europe.
- There are over 3,000 types of pears grown around the world!
- Pears are picked when they are unripe and allowed to ripen off the tree.
- Pears are related to apples and are part of the same plant family!
- In the story of "The Twelve Days of Christmas", there's a line about a partridge in a pear tree!
- Washington State is #1 for growing pears and Oregon is #2.

Farm to School
SOUTH DAKOTA