

Bartlett Pear



Nutrition:

Pears are one of the leading sources of fiber. A medium sized pear provides 6 grams of fiber, which is 24% of the total fiber needed daily.

Fiber acts like a sponge as it travels through our bodies, bulking up and moving easily through and out of the intestines keeping our insides healthy.

The skin of the pear contains the majority of the fiber found in a pear, so enjoy the skin for added flavor, texture, and nutrients!

Pears provide a nutritious quick burst of energy because of the fructose and glucose in the fruit.

Did you know?

There are 3,000 varieties of pears in the world; however, 4 varieties are the most popular in the US.

Pears do not float.

Pears are a member of the rose family.

More:

Pears are picked before they are ripe because if they are left on the tree they will rot and be eaten by birds and bugs.

Pears will ripen if left on your counter in 2-3 days!

Pears can be eaten like an apple, added to salads, cottage cheese, baked goods, and cooked with meats.

