

Fresh Fruit & Vegetable Program: APRIL 2023

Featured Fresh Fruit: **ASIAN APPLE PEARS**



Health Benefits:

1. High in Fiber – stable energy and digestive health
2. Contains the mineral Copper – energy and red blood cells
3. Vitamin K – blood clotting



Fun Facts:

1. Asian apple pears are sometimes called Asian Apples since they are crisper than a typical pear and shaped more like an apple!
2. In Japan, Asian pears were once believed to ward off misfortune. They were often planted in the corner of properties to ward off evil!
3. Asian pears are native to Japan and China and have been grown for over 3,000 years.

