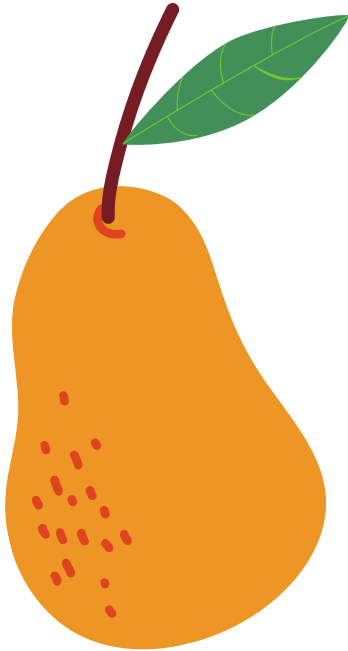


FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education



BOSC PEARS

FUN FACTS:

1. Bosc pears are known for their unique shape, with a long neck, tapering stem, and rounded base. They are also distinguished by their warm cinnamon brown color and bronze-russet markings on the skin.
2. Bosc pears have a sweet, spicy flavor with a hint of citrus.

NUTRITIONAL INFORMATION:

Pears are a good source of vitamin C and copper. Both of these nutrients are antioxidants which help protect cells in the body from oxygen-related damage due to free radicals. Bosc pears are also rich in dietary fiber. Each medium pear contains about 5.5 grams of this nutrient, which is essential for overall health.