



APPLE PEAR

DID YOU KNOW?

- Apple pears, also known as Asian pears or sand pears ... These fruits are a crunchy, sweet member of the pear family, but they grow to be round like an apple.
- Apple pears are best suited for both raw and cooked applications, including baking, steaming, and poaching.
- Apple pears are a good source of vitamin C, an antioxidant that strengthens the immune system, boosts collagen production within the skin, and provides anti-inflammatory properties.

FUN FACT!

The first documented appearance of an Apple/Asian pear in the United States was recorded in 1820 when a Chinese sand pear was imported to Flushing, New York.



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