Labatt Produce

FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

ASIAN PEARS



FUN FACTS:

- Asian pears are the oldest cultivated pear, having been cultivated for over 3,000 years.
- Asian pears are best eaten firm and crispy!
- Asian pears have a delicate flavor and unique texture.

NUTRITION:

Asian pears are rich in vitamins C and K, and also contain folate and magnesium.

*This institution is an equal opportunity provider.