**PEARS**

**FUN FACTS**

* There are over 3000 varieties of pears grown around the world.
* Pears are native to Asia and Europe. The first pear tree was planted in the North America in 1620 in the Massachusetts Bay Colony.
* Pears are a member of the rose family.
* Pears ripen better off the tree and ripen from the inside out.

**HEALTH BENEFITS**

* Pears are an excellent source of dietary fiber and a good source of vitamin C, a proven anti-oxidant. Pears also offer potassium.
* They contain no saturated fat, sodium, or cholesterol. A medium pear has about 100 calories.