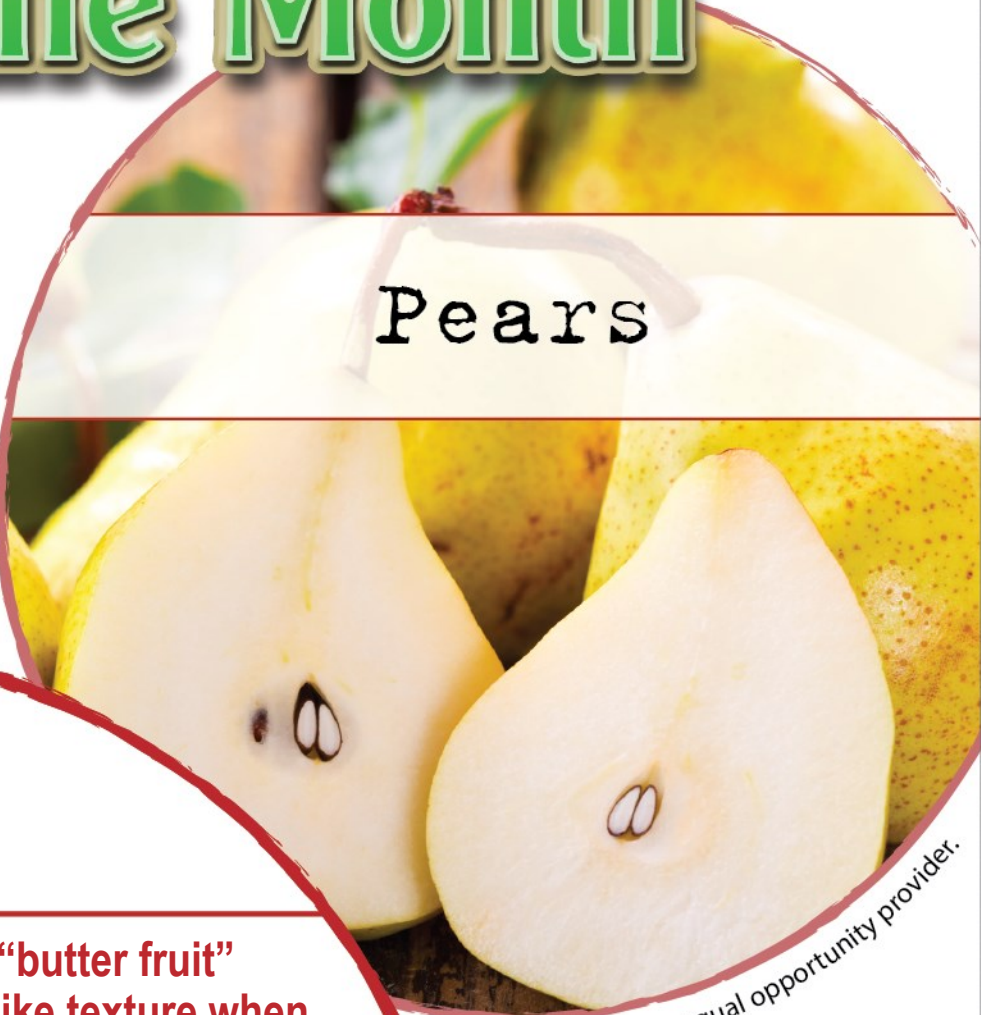


Harvest of the Month



Pears

Calories

86

Total Fat

0g

1
small

Sodium

1mg

Sugars

15g

FUN FACTS:

Pears have been nicknamed “butter fruit” because of their soft, butter-like texture when they are ripe.

Pears are the least allergenic of all fruits.

They are hand picked when green to minimize bruising. Pears continue to ripen off the tree.

Be sure to eat the skin too as the **WHOLE** fruit is packed with nutrients and health benefits.

This institution is an equal opportunity provider.

