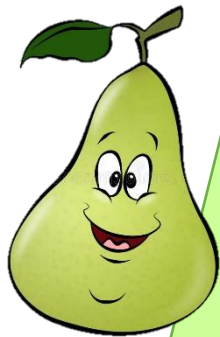


SNACKBITE



Pear

- There are over 3000 varieties of pears that can be found around the world today. They prefer to grow in a moderate climate with plenty of sun.
- Pears were important part of diet in ancient Greece and remedy for nausea. The Greek poet Homer described pears as "gifts of the gods".
- Because they bruise easily, pears are picked when they are still hard and transported before they ripen.
- Pears are an excellent source of fiber. This nutrient helps keep you full and push food along through the digestive tract.
- Pears are prized in France and are often used as desserts or baked in other goodies.
- Pears are one of the few fruits that have an extensive history, reaching back to about 1000 B.C.
- Pears used to be called "butter fruit" for its soft, butter-like texture.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.