



PEARS



There are many more types of pears than you might guess - more than 3,000 varieties. That's a lot of pears!

Beginning in the 1500's, European colonists began to bring pears to North America. The U.S. continues to import over 75,000 metric tons of pears each year, mostly coming from Argentina, Chile, China, South Korea and New Zealand.

China has become the world's largest grower of pears. Out of 21 million tons produced worldwide, China now produces about 15.5 million tons, or nearly three-quarters of the world total. Of the remaining 5.5 million tons, another 2.7 come from Europe, 1.1 from Argentina and Chile, 0.8 from the U.S., and smaller amounts from New Zealand, South Korea, and other countries.

Within the U.S., the state of Washington is by far the largest grower of pears, accounting for about half of all U.S.-produced pears. California and Oregon follow next, with significant commercial production also occurring in New York and Pennsylvania.

In the United States, four pear varieties are commonly available: Bartlett, Anjou, Bosc and Comice.

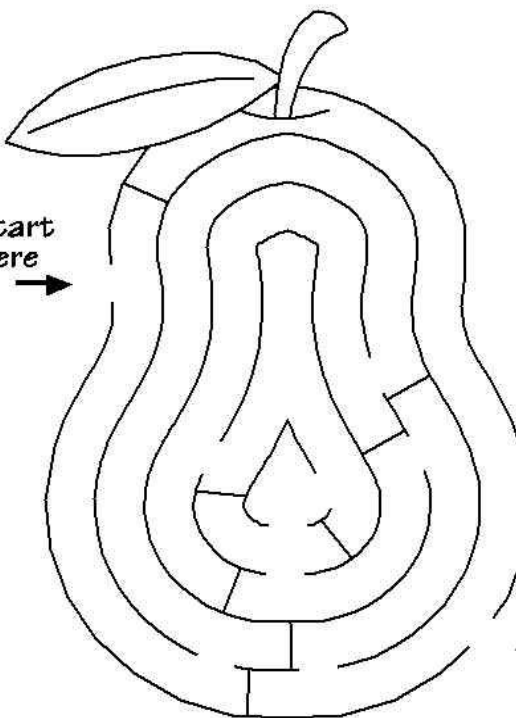
Pears are available year-round. They ripen better off the tree and ripen from the inside out.

NUTRITION INFORMATION

Good source of dietary fiber. 100 g fruit provides 3.1 g or 8% of fiber per 100 g.

Pears are one of the very low calorie fruits; provides just 100 calories per serving.

Great source of vitamin C. Each medium-sized pear contains approximately 7 mg, which is 10% of the daily value. Pears are sodium-free and each medium-sized pear offers about 190 mg of potassium, which is 5% of the Daily Value. Pears are fat-free and cholesterol-free.



More than 95 percent of the pears sold in the United States are grown in Washington, Oregon and Northern California.

