

INCREDIBLE EDIBLE IDAHO

PEAR



IDAHO PEAR FACTS:

The Northwest accounts for 98% of U.S. pear production

Pears grow well in Idaho's volcanic soil

Pears grew wild in prehistoric times- dinosaurs may have eaten them!

Pears do NOT ripen on the tree! You must pick them and let them ripen from the inside out.

PEAR NUTRITION FACTS:

Pears are a low calorie sweet treat. One medium pear only has about 100 calories

Need some fiber to fill you up? Pears have more fiber than most other fruits.

Pears have vitamin C and vitamin K, which are needed to help wounds heal properly.



Top pear producing counties:

Canyon Gem Payette

