

- FARM FRESH -

Pears



EVERY JUICY BITE OF A PEAR CONTAINS NUTRIENTS YOUR BODY NEEDS TO GROW, MOVE, AND STAY HEALTHY.

FOOD *for* FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING PEARS IN YOUR DIET:

Happy GUT

The fiber in pears helps support healthy digestion and can help you feel full longer after eating.

Body DEFENDER

Vitamin C helps your body heal, supports healthy skin, and helps keep your immune system strong.

Heart HELPER

Potassium works behind the scenes to help your heart beat regularly and keep your muscles working smoothly.



"It's really hard work to farm pears. They're a very delicate crop, and almost everything requires hand labor, from pruning the trees to harvesting the fruit."

– **Susan LaGrande**
Pear Farmer | Finley, CA

Did you know?

According to Guinness World Records, the world's heaviest pear weighed 6 pounds, 8 ounces (2.948 kg). That's about the same weight as a bowling ball!



People have been growing pear trees for more than 3,000 years. Ancient people in Europe and Asia enjoyed pears long before grocery stores existed.

Where do fruits go on vacation?



Pear-is!

© 2026 California Foundation for Agriculture in the Classroom



Scan the code with your smartphone to find out more about pears.