

APPLES COME IN VARIOUS SHADES OF GREEN, YELLOW AND RED.

Most pears are still picked by hand.

MORE THAN

7,500

varieties of apples
have been identified
worldwide and

2,500

varieties are grown
in the United States.



**Most apples are
still picked by
hand.**

**THERE ARE
OVER 3000
VARIETIES OF
PEARS
WORLDWIDE**

**APPLES ARE A
VERY GOOD SOURCE
OF FIBER IF EATEN
WITH THE PEEL.**

**APPLES ARE
FAT, SODIUM, AND
CHOLESTEROL FREE.**

**apples are a good
source of vitamin**

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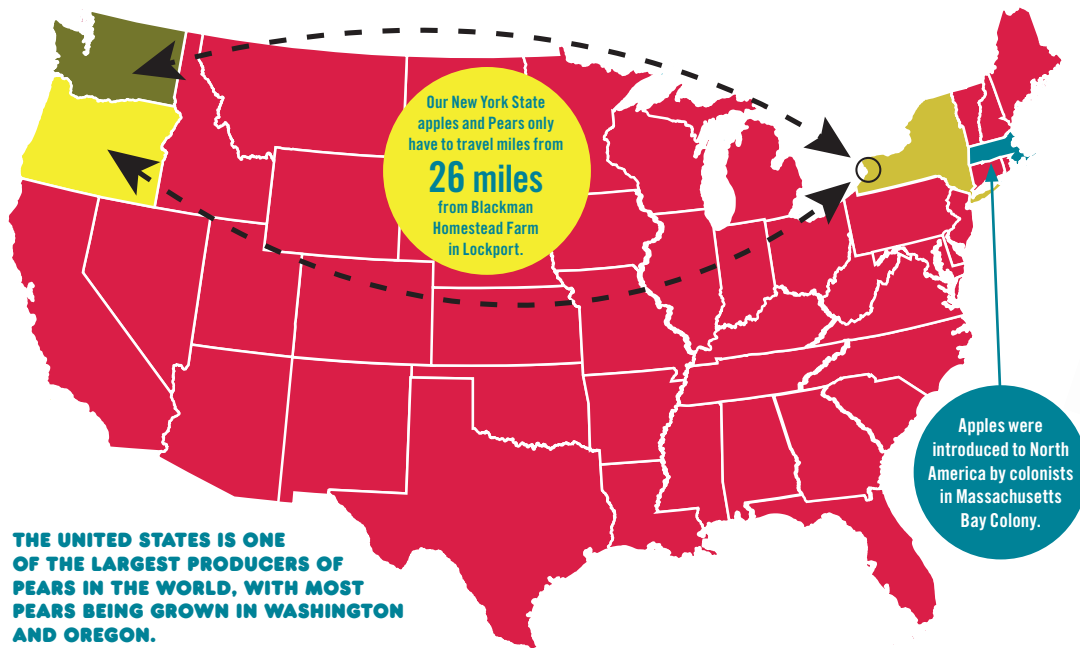
**APPLES ARE LOW IN CALORIES AT
ABOUT 80 CALORIES FOR A
MEDIUM APPLE.**

Apples & Pears are from the Rosaaceae, or rose family, along with peaches, plums and cherries.

A MEDIUM PEAR HAS ABOUT
100 CALORIES

Pears are fat, sodium, and cholesterol free.

MOST OF THE NATION'S APPLES AND PEARS COME FROM OREGON AND WASHINGTON SO IT MUST TRAVEL OVER 2,000 MILES TO REACH BUFFALO.



Pears are a good source of vitamin

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PEARS CAN HAVE SKIN THAT IS GREEN, YELLOW OR REDDISH IN COLOR.