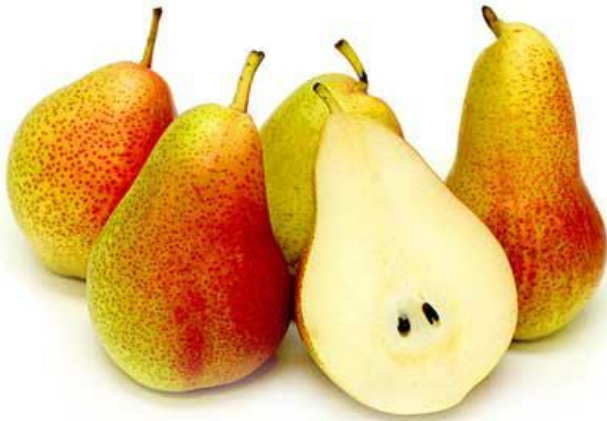


Forelle Pears



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- Forelle pears change color as they ripen. They start off green and turn golden yellow and red with red freckles on the outside. They have a white juicy, grainy flesh on the inside.
 - They are sweet and crisp and said to taste a little like cinnamon. What does yours taste like?
 - They were brought to the U.S. by German immigrants in the 1800's and now they are grown in Oregon and Washington state.
 - They are small, perfect for snacks and are available from September through January.
 - "Forelle" means "trout" in German so the pears were named because they looked like Rainbow trout!
 - Pears are high in fiber, which helps you feel full.



[Click here to see the Pear Song.](#)

OKCPS School Nutrition Services

