

Seckel Pears



- Seckel pears have olive green skin with parts that are dark red. The inside flesh is white, moist, coarse, and has a core like an apple with black seeds.
- Seckel pears are crisp, juicy, and are the sweetest and smallest of the pears.
- Because they are so sweet they are often called “sugar pears” or “candy pears”.
- Seckel pears are harvested in the fall and winter months.
- These pears are said to have come from Pennsylvania but are now grown throughout the United States.
- Pears are high in fiber, which is good for your tummy and helps you feel full.



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

OKCPS School Nutrition Services

