

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program



- ◆ The Ya Pear is also known as the Chinese White Pear.
- ◆ It was first grown in North China.
- ◆ Pear trees can grow 60 feet and can be as old as 300 years.
- ◆ White pears are a cousin to the pears we have in the grocery store but they taste more like an apple.
- ◆ Pears are a good source of Vitamin C.
- ◆ In Chinese the word Ya means duck. So sometimes this pear is known as the duck pear.