

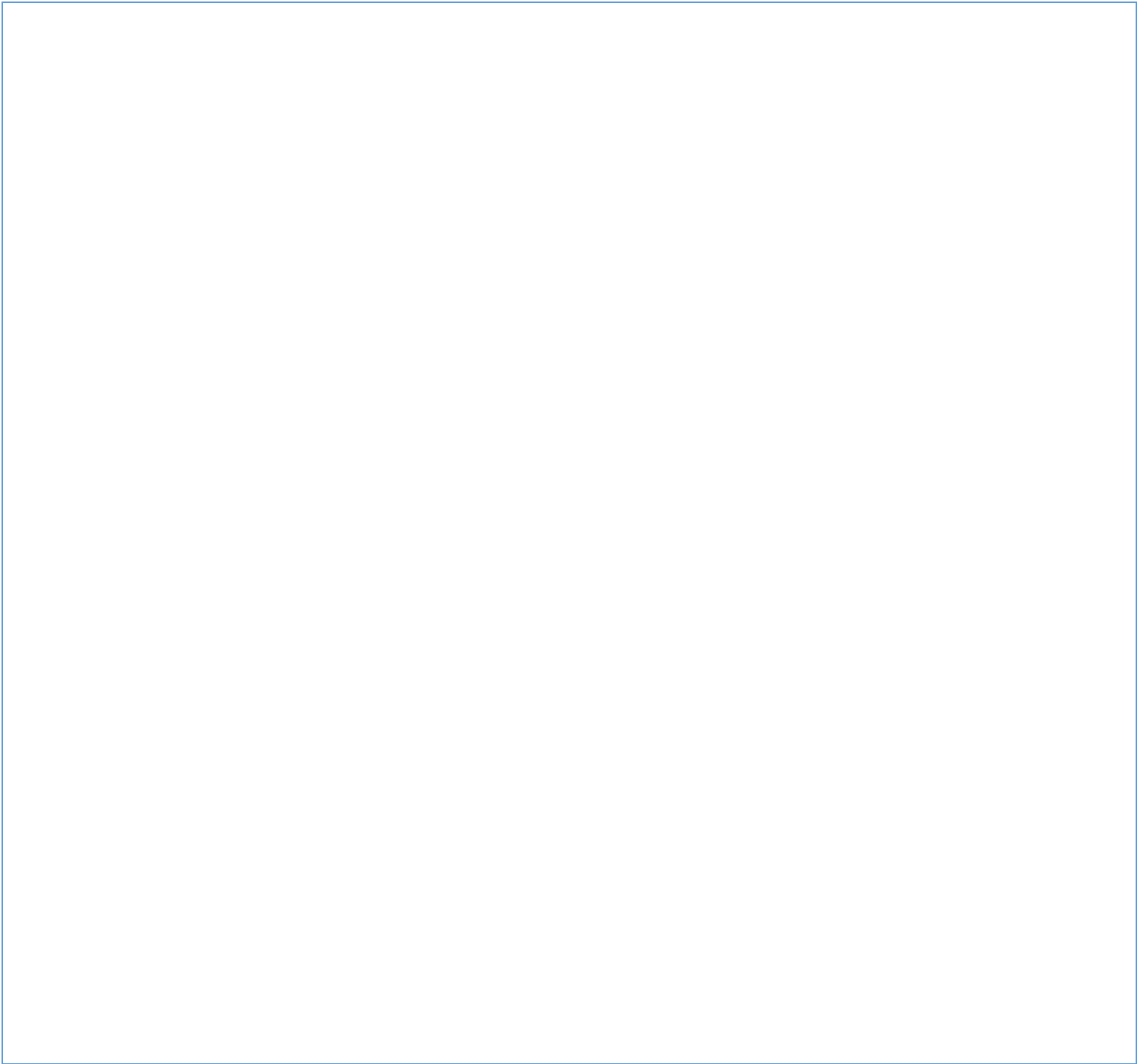
Nutrition Education

OKCSP FFVP PROGRAM

Seckel Pears



- Seckel pears are the smallest of all commercially grown pears.
 - Seckels are exceptionally sweet. So sweet in fact, that they are sometimes called "sugar pears."
 - Seckel pears are in season from September through February, and harvest begins in the fall.
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- It takes five to seven years for the tree to produce fruit.
 - The Seckel Pear can self-pollinate; they don't need the help of bees.
 - Seckel Pears have fiber, vitamin C, and potassium among other great vitamins and minerals.



School Nutrition Services



