

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 a good source of vitamin

**C**



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

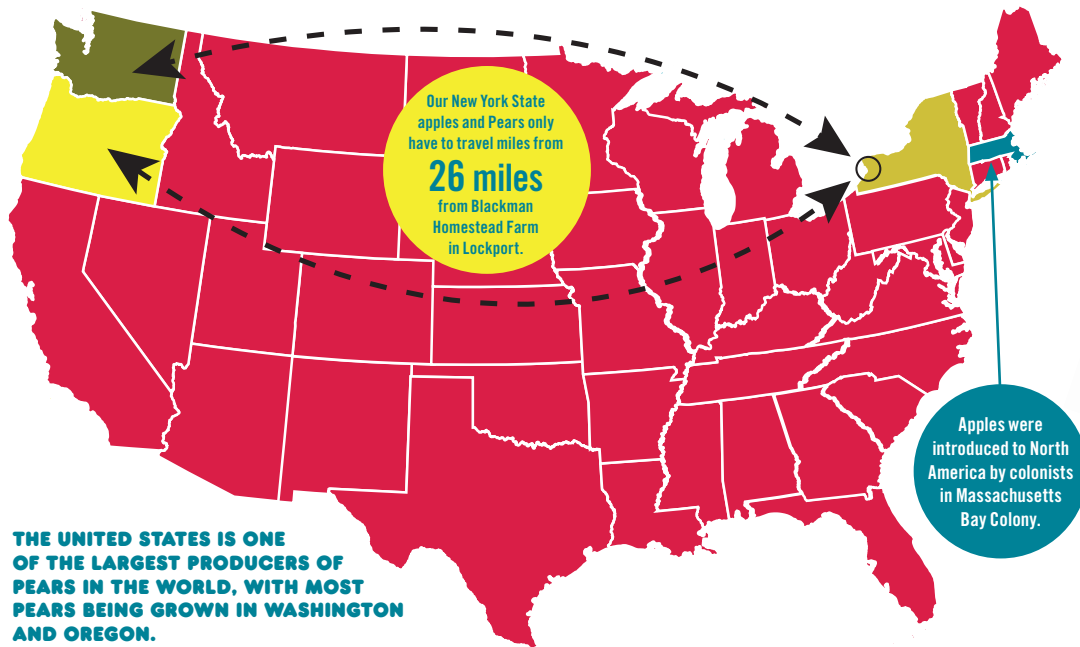
**APPLES ARE FAT, SODIUM, AND CHOLESTEROL FREE.**

**Apples & Pears are from the Rosaceae, 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**

**C**

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