



PEAR FACT FILE

HISTORY

- Pears came from South East Europe and Western Asia, but are now grown all over the world
- Pears have been grown in the United Kingdom for over 1000 years
- In the 16th Century it was thought the pear was poisonous when eaten raw. This is obviously untrue!

WHY PEARS

ARE GOOD FOR YOU

- Pears are a good source of vitamin C
- Pears are low in sodium, calories and fat but are high in fibre



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DID YOU KNOW

- Pear trees can live for 100 years, but they are usually replaced in orchards after 30 to 40 years
- Pear trees can grow to between 12 and 15 metres tall
- Kent has 3 different pear varieties – Conference, Comice and Concorde. The table shows when each variety is in season

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Conference	✓	✓	✓						✓	✓	✓	✓
Comice	✓	✓								✓	✓	✓
Concorde	✓	✓	✓						✓	✓	✓	✓

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Flavours of the region

SIMPLE RECIPE

Always wash pears before you eat them.

A tasty salad can be made with sliced pear, lettuce leaves and cheese. In a bowl, pour 3 dessert spoons of oil and 1 of vinegar and add a pinch of salt, mix well then pour over the salad – you have a perfect summer dish!