

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

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

APPLES ARE FAT, SODIUM, AND CHOLESTEROL FREE.

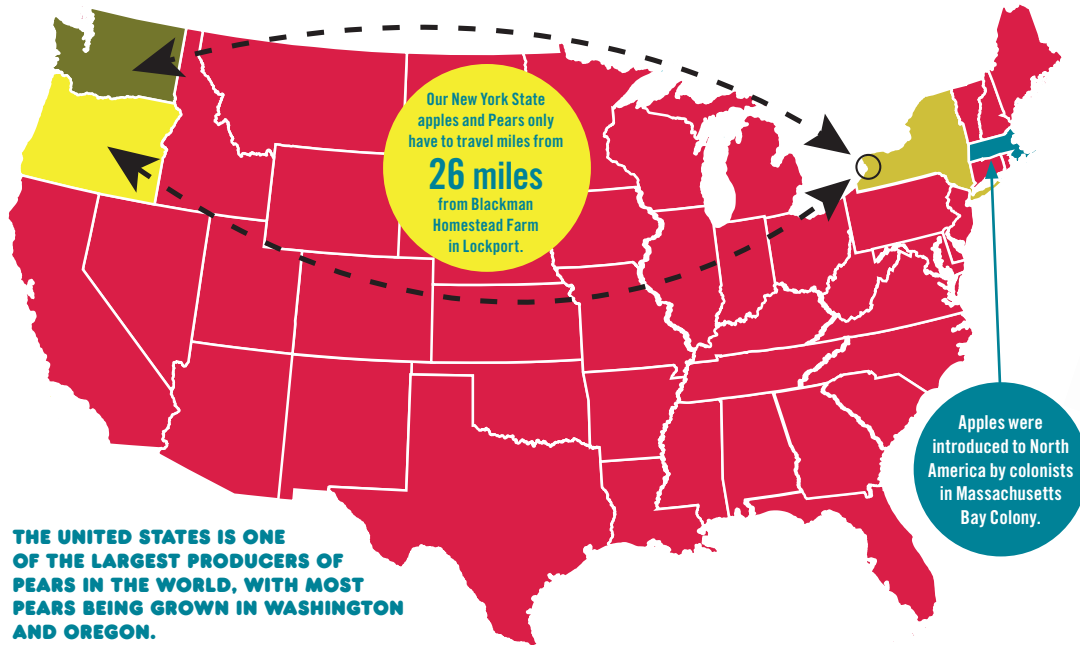
Apples & Pears are from the **Rosaaceae**, or rose family, along with peaches, plums and cherries.

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.



THE UNITED STATES IS ONE OF THE LARGEST PRODUCERS OF PEARS IN THE WORLD, WITH MOST PEARS BEING GROWN IN WASHINGTON AND OREGON.



Apples were introduced to North America by colonists in Massachusetts Bay Colony.

Pears are a good source of vitamin

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