

The background features a repeating pattern of pears and pear slices. Some pears are whole with green leaves, while others are sliced in half to show the core and seeds. The colors range from light yellow-green to a darker teal. The text "Precious Pears" is centered in a white, sans-serif font.

Precious Pears

Where do pears come from?



In Australia, pears are 'in season' during Autumn. That means they are mostly grown and harvested between March and May. It's important to eat fruits and veggies that are 'in season' because the supply is at its highest, so you'll be eating better quality food and saving money.

Fun Fact: Did you know that the pear tree belongs to the same family as roses?

The wood of the pear tree is sometimes used to make furniture and kitchen utensils because it is so durable! The tree blossoms pink and white flowers, which are pollinated by insects before developing into the tasty, teardrop shaped fruit that you enjoy.

Pears can be green, yellow or even red!



Did you know the most nutritious part of the pear is its skin? Pear skin holds 3 to 4 times more nutrients than its flesh so make sure you give it a good rinse and you can eat the whole thing.

Among these nutrients are flavonoids, the chemical that gives the skin its lovely colour. Flavonoids support your body's nervous system by protecting your nerve cells from damage and promoting blood flow to your brain.

Quiz

1. When are pears in season in Australia?
2. True or false: pears can be blue in colour?
3. Finish this sentence: flavonoids are a chemical that gives

1. Pears are in season during Autumn
2. False. Pears can only be green, yellow or red
3. The skin its colour.