

# Bartlett



Ripens from light green to bright yellow. Juicy and mildly sweet. Has that quintessential “pear flavor”. Bartletts hold their shape and flavor when cooked. Excellent for eating fresh and cooking. The ideal canning pear.

## A Few Nutritional Facts

Low in CALORIES.....	100	<u>% Daily Value</u>
Good source of DIETARY FIBER.....	6.0 grams	Vitamin C 10%
No SATURATED FAT or TRANS FAT.....	0.0 mg	Calcium 2%
No CHOLESTEROL.....	0.0 mg	
No SODIUM.....	0.0 mg	
Total PROTEIN.....	1.0 grams	
Total SUGARS.....	16.0 grams	

*Serving Size one Medium Pear*



## Availability

■ Harvest Month

Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul