

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 <p>Pair of Pears</p>		<p>1</p> <p>Pear is the common name for about 20 species of trees of a genus in the rose family, and for their fruit.</p>
<p>2</p>	<p>3</p> <p>The common pear is native to Europe; the Chinese sand pear is native to the Orient.</p>	<p>4</p>	<p>5</p> <p>The fruit of a pear tree is a pome, juicier than the apple, and varying from apple-shaped to teardrop-shaped.</p>	<p>6</p>	<p>7</p> <p>Pears are gathered from the trees before they are completely ripe and are allowed to ripen in storage.</p>	<p>8</p>
<p>9</p> 	<p>10</p>	<p>11</p> <p>Pears contain about 16% carbohydrate and negligible amounts of fat and protein. They are good sources of the B-complex vitamins and also contain vitamin C.</p>	<p>12</p>	<p>13</p> <p>The peach is a member of the rose family and will have a sweet fragrance when ripe. A medium size peach contains only 40 calories.</p>	<p>14</p>	<p>15</p> <p>Of all the tree fruit crops, apples and peaches are best adapted to Oklahoma conditions.</p>
<p>16</p> <p>Easter</p>	<p>17</p> <p>Also a member of the rose family, apples bloom later than other fruit trees and are less susceptible to spring frosts.</p>	<p>18</p>	<p>19</p> <p>The Pilgrims planted the first apple trees in the Massachusetts Colony.</p>	<p>20</p>	<p>21</p> <p>Americans eat 19 pounds of apples annually-- about a quarter of the 46 pounds consumed annually by Europeans.</p>	<p>22</p>
<p>23/30</p> <p>Peaches are a good source of dietary fiber, Vitamin A, Niacin and Potassium, and a very good source of Vitamin C.</p>	<p>24</p>	<p>25</p> <p>Peaches are believed to be native to China. Peaches were mentioned in tenth century BC Chinese writings and were a favored fruit of emperors.</p>	<p>26</p>	<p>27</p> <p>The US provides about one-fourth (25%) of the world's total supply of fresh peaches.</p>	<p>28</p>	<p>29</p>