

# Farm to School

# Pears

BY LYMAN ORCHARDS



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*Did you know...*

Once a pear tree is planted, it takes about 5-7 years before the tree starts producing fruit.

The skin of the pear contains most of the fruit's nutrients. Pears are a great source of fiber, which helps keep you full longer.

Add pears to your morning oatmeal or slice them onto peanut butter whole-wheat toast!

## About Lyman Orchards

Colonial farmer John Lyman and his wife, Hope, could never have imagined that their 37-acre purchase of land in 1741 would turn into the 1,100 acres of scenic farmland that exists today. Through a history spanning 10 generations, the Lyman family heritage was founded upon a commitment to preserve their land for future generations. In 1830, William Lyman took part in the underground railroad, and now Lyman Orchards is recognized as a site along the Connecticut Freedom Trail for the family's involvement in the abolitionist movement. Visitors at Lyman Orchards can pick their own produce, buy homemade pies, explore the sunflower and butterfly mazes, and can even golf!



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