



## Geography/History

**Seckel Pears** believed to be a truly American pear and named in honor of a Pennsylvania farmer who discovered it around 1820, the Seckel is thought to be a hybrid of Asian and European pears. Quite different from any European variety, this variety is the smallest of all commercially grown pears and sometimes called a sugar pear



See the table below for in depth analysis of nutrients:  
Pears (*Pyrus communis*), Fresh,  
Nutritive value per 100 g

Principle	Nutrient Value	Percentage of RDA
Energy	58 Kcal	3%
Carbohydrates	13.81 g	11%
Protein	0.38 g	<1%
Total Fat	0.12 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	3.10 g	7%
<b>Vitamins</b>		
Folates	7 mcg	2%
Niacin	0.157 mg	1%
Pantothenic acid	0.048 mg	1%
Pyridoxine	0.028 mg	2%
Riboflavin	0.025 mg	2%
Thiamin	0.012 mg	1%
Vitamin A	23 IU	1%
Vitamin C	4.2 mg	7%
Vitamin E	0.12 mg	1%
Vitamin K	4.5 mcg	4%
<b>Electrolytes</b>		
Sodium	1 mg	0%
Potassium	119 mg	2.5%
<b>Minerals</b>		
Calcium	9 mg	1%
Copper	0.082 mg	9%
Iron	0.17 mg	2%
Magnesium	7 mg	2%
Manganese		2%
Phosphorus	11 mg	2%
Zinc	0.10 mg	1%
<b>Phyto-nutrients</b>		
Carotene-β	12 mcg	--
Crypto-xanthin-β	2 mcg	--
Lutein-zeaxanthin	45 mcg	--

## Description/Taste

**Seckel Pears** are Brownish yellow and russet, most often having a dark reddish blush, the small almost bite-size Seckel pear, pronounced SEHK-uhl, sometimes has a dull green cast. A very sweet pear with a rather grainy texture, this hybrid offers a subtly spicy flavor.

