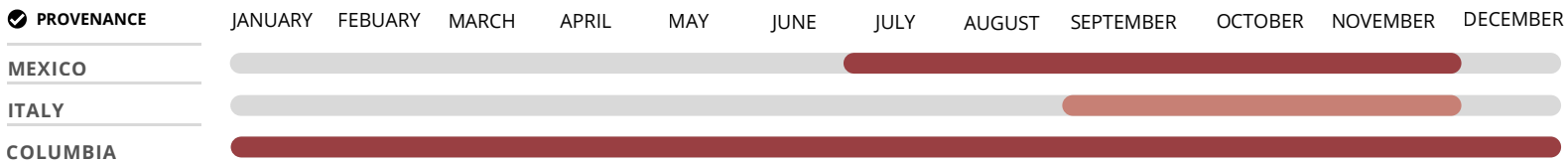


CACTUS PEARS



The cactus pear is a berry that grows on the prickly pear tree and is native to Mexico. It is customary in some countries to have the pear peeled by the seller when buying because of its thorns. Its color and taste varies according to the variety (red, white and yellow).

AVAILABILITY AND PROVENANCE



TARGET CUSTOMER: ARAB, ITALIAN & HISPANIC

OPTIMAL TEMPERATURE FOR CONSERVATION

4 - 6 °C

PURCHASE GUIDE

The cactus pear is best when it is heavy for its size, fleshy and its skin is perfectly smooth.

CONSUMPTION

The cactus pear can be eaten raw, in juices, jams or fruit salads. Its delicious taste reminds us of a mixture of watermelon and pears.

NUTRITIONAL VALUE

The cactus pear is rich in magnesium and is a good source of vitamin C.

