

# — GREEN ANJOU PEAR —

## What are they?

- Green Anjou pears are recognizable for their egg-shaped appearance, having a larger spherical lower portion that begins a gradual taper above the mid-point to a narrower rounded top. Their skin color is bright green, and sometimes has a soft red blush.
- Green Anjou pears are PEAR-fect for just about any use, from slicing fresh into salads to baking into pies to pureeing for sauces and beverages.



## When are they available?

- Green Anjou is the most abundant variety, which means you'll find Green Anjou pears on produce stands in the U.S. nearly year round.

## What's so cool about them?

- Commonly referred to by their French name, "d' Anjou," Anjou pears are the second-most recognizable pear variety in the United States.
- Anjou pears are thought to have originated in Belgium, and they are named after the Anjou region in France. The variety was introduced to England early in the 19th century. Called Beurré d' Anjou, they were introduced to America in about 1842.
- The most important thing to know about Anjou pears is that they do not change color as they ripen. Green Anjous will remain green even when fully ripe. The best indication of ripeness for any pear is the thumb test: gentle thumb pressure near the stem will yield slightly when the pear is ripe.



## Why should I eat them?

- Green Anjou pears are an excellent source of fiber and a good source of vitamin C with only 100 calories per serving they are a healthy and delicious snack!
- Anjou pears are certified heart-healthy by the American Heart Association.

