

Harvest of the Month

D'Anjou Pear

Calories
133

Total Fat
0g

1
fruit

Sodium
2mg

Sugars
20g

FUN FACTS:

One very important fact about the green D'Anjou or Anjou (on-ju) pear is that it does not change color as it ripens—it stays green.

To test for ripeness, gently press your thumb at the top near the stem. If it gives slightly, then your pear is ready to eat.

D'Anjou pears are highly regarded by chefs because they are sweet and oh-so-juicy, and have a long shelf life.

Enjoy them fresh, poached, grilled or roasted!

This institution is an equal opportunity provider.

