



Fresh Story: Anjou Pears

Get to Know Your Fruits and Vegetables

Bonjour d'Anjou

Bonjour (hello), do you like my elegant name? Please pronounce it properly, **AWN-joo**.

When speaking more formally, you may refer to me as **D'Anjou**. My full name is **Beurre d'Anjou**, which is French for **buttery pears of Anjou**, a region in France where here my ancestors were first grown. I'm often described as having a sweet, delicate flavour. I'm a juicy pear, but firm, and some say less grainy than other pears. Notice my lovely egg-shaped appearance – I'm rounder than my oval-shaped cousin the **Barlett**.

I shouldn't brag, but I am quite proud of the fact that BC orchards produce all of the Anjou pears grown commercially in Canada. I prefer the moderate climate in BC. Like all pears I'm picked by hand before I'm fully ripe. I take a long time to ripen and need at least 1 or 2 months in cold storage before I'm mature enough to be eaten. In fact, I have excellent keeping-qualities and am the only variety of pear that can be stored through the winter – this makes me popular with the growers and grocers who call me their **winter pear**.

When you buy me I may still be a bit hard – gently press against my stem end, if it gives slightly I'm ripe and ready to be eaten. Not ready to eat me yet? Place me in the coldest part of your refrigerator and I'll keep. If I'm not ripe, just place me in a paper bag on the counter (or your teacher's desk) for a couple of days.



Don't judge a pear by its colour

Since their lovely shade of red or yellowish-green doesn't change as they ripen, and both colours taste the same, you really can't judge an Anjou by its colour.

Some pears are brown or have spots called **russeting**.

This occurs naturally, don't peel the skin, just bite in and enjoy.

Try this brainteaser ...

Pairs or Pears?

Twelve pairs hanging high,
Twelve knights riding by,
Each knight took a pear,
And yet left a dozen there.

**Pear = high fibre, low fat,
lots of vitamin C
& potassium**



Farm = Food

What is a Farm?

The dictionary describes a farm as 'an area of land and the buildings on it, used for growing crops and rearing animals.'

But this doesn't tell us how big a farm is or what a farm looks like. Is a farm run by one person or many, is it owned by a family or a business, is it a barn or many buildings? The answer is: all of these things! A wheat field is part of a farm, so is a fruit orchard and a greenhouse.



A farm is no set size. A farmer decides the right size for his farm to be to meet his own purpose and needs.

Long ago farmers developed a standard system of measurement of land called an acre.

It's from an old English word **aecer**, meaning **open field** and was used to describe the area a farmer could plough behind an ox in one day. Since farmers ploughed at a different pace this wasn't ideal, so it was standardized it into a measurement based on the length and width of a field using a rod (like a ruler).

1 acre = 4,046.86 square metres
(that's about the same size as 16 tennis courts)

The other measurement used for land is the metric measure **hectare**. A hectare is 100 metres x 100 metres and is larger than an acre. **2.5 acres = 1 hectare**

Picture this...a shopping mall with a large parking lot filled with about 200 cars = 1 acre.

Take a walk on your school playing field ...walk 80 big paces from one corner of the field, then turn and walk across another 80 big paces - you've just covered about 1 acre.