

— PINEAPPLE —

What is it?

- Pineapples are a sweet, tropical fruit that grow on short-stemmed plants.
- Pineapples are oval shaped and up to 12 inches long. They weigh 1 to 10 pounds or more.
- The tough rind (thick skin) may be dark green, yellow, orange-yellow, or red. The flesh ranges from nearly white to yellow.
- The leafy top, rind, and, usually, the core, are cut off before eating.



When is it available?

- Harvested during its peak season from March to July.
- Hawaii is one of the top pineapple producers in the world.

What's so cool about it?

- The tops of pineapples were often placed outside people's homes in the Caribbean as a symbol of hospitality and friendship
- Bromelain is an enzyme in pineapples that can be used as a meat tenderizer.
- They are named after pinecones because of their similar appearance
- Pineapples take over a year to grow. Each pineapple plant only produces one pineapple a season.
- There are different varieties of pineapples such as Cayenne, Red Spanish, and Sugarloaf.



Why should I eat it?

- Pineapples are a good source of vitamin C, which is helpful for immune support and wound healing.
- Pineapples can be eaten raw or cooked! Try grilling them.

