

PINEAPPLE

Did you know...?

If you plant the top of the pineapple in soil after it is cut, it will grow into a new pineapple!



A pineapple can take over TWO years to grow!



Pineapple has a special enzyme, called bromelain, which helps with digestion!



Have you ever heard of 'Dole' pineapple? In 1900, James Dole moved to Hawaii to start a pineapple plantation and that is how 'Dole' started – and it is still around today!



Nutrition Facts:

Pineapple is a great source of *potassium, copper, manganese, calcium, magnesium, vitamin C, vitamin B6, beta-carotene, thiamin* and *folate* - as well as *fiber*!

A Brief History...

Pineapples are **tropical fruits** that originated in South America. It was spread through South America, the Caribbean, Central America and Mexico but was ultimately brought to Europe by Christopher Columbus.

European explorers named the pineapple in 1664; its name come from explorers thinking the pineapple looked like pine cones.

Ways to Eat Pineapple

- Enjoy pineapple raw
- Add chunks to your favorite fruit salad to add extra sweetness!
- Add fresh or canned pineapple to yogurt
- As a treat, add canned pineapple over ice cream