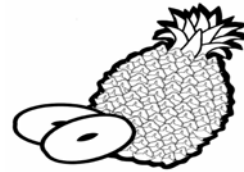


APRIL – Featured Fruit: PINEAPPLE



WASH. CUT EAT.



(how easy is that?)



Hi, I'm Pinellopy Pineapple. ¹

I'm so excited that it's my turn to tell you about fresh pineapple. Did you know that pineapple is a symbol of welcome and hospitality all around the world? This beautiful and delicious tropical fruit is loved by everyone. Pineapple is sweet, juicy, with a flavor all its own. Fresh pineapple is also good for you because it is high in vitamin C.

Facts

Of all the New World discoveries of Columbus, pineapples were the fruits that caused the biggest stir back home.

In a Caribbean rite of manhood, barefoot youths ran through pineapple plantings and were expected to bear the resulting wounds without protest.

Caribbean Indians placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality.

The Spanish explorers thought pineapples looked like pinecones, so they called them "Pina." The English added "apple" to associate it with juicy delectable fruits.

Pineapple can weigh up to 20 pounds, although the average size ranges between 2 and 5 pounds.

History

Pineapple is a tropical fruit native to Central and South America. In 1493, Christopher Columbus found pineapples growing on the island of Guadeloupe and brought them back to Queen Isabella of Spain.

Pineapples became very popular in Europe. As long ago as the 17th century, pineapples were grown in greenhouses throughout Europe.

Source: ¹Dole 5 A Day. www.dole5aday.com

APRIL – Featured Fruit: PINEAPPLE



WASH. CUT EAT.



(how easy is that?)

The Spanish explorers thought pineapple looked like a pine cone, so they called it "Pina." The English added "apple" to associate it with juicy delectable fruits. South American Indians had a name for pineapple meaning "fragrant excellent fruit," which became the basis for its botanical name "ananas." The scientific name for pineapple is *Ananas Cosmosus*.

Where Grown

Although pineapples grow in many tropical regions of the world most of us associate pineapples with Hawaii.

Captain Cook may have brought pineapple to the Hawaiian Islands or the fruit may have been washed ashore from Spanish shipwrecks. Spanish explorers knew that eating pineapple helped to prevent scurvy, a disease caused by a deficiency or lack of vitamin C, so they carried pineapples among their ship's provisions whenever possible.

In 1901, Jim Dole founded the Hawaiian Pineapple Company. With his emphasis on "quality, quality, quality," he worked to achieve his goal of making pineapple available in every grocery store in the United States.

Types

The two main varieties of pineapple found in the United States are the Cayenne (from Hawaii) and the Red Spanish (mainly from Florida and Puerto Rico).

The **Cayenne pineapple**, the longer of the two, has a golden-yellow skin and long, sword-like leaves sprouting from a single tuft.

The **Red Spanish** pineapple is shorter and thicker in shape, has a reddish golden-brown skin and leaves that radiate from several tufts.

There is a third variety of pineapple called **Sugar Loaf**. This large, sweetly flavored, green-skinned pineapple is grown in Mexico. Because it doesn't ship well, the Sugar Loaf is rarely imported into the United States.

Recently, new premium types of pineapple have become available in U.S. markets. These new premium varieties are golden in color and exceptionally sweet with no detectable acidity or tartness. Because of their incredible taste, they are becoming very popular very quickly with consumers.

Nutrients

- High in vitamin C

Source: ¹Dole 5 A Day. www.dole5aday.com