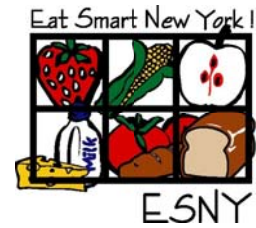
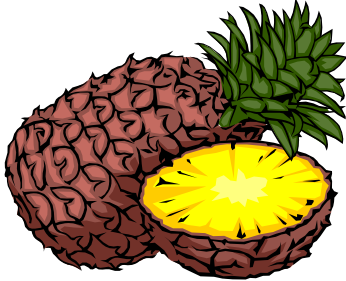




Cornell University
Cooperative Extension
Seneca County
308 Main St. Shop Centre
Watertown, NY 13165



Your child learned about...



The fruit (good source of Vitamin C) called a pineapple

Today with a guest speaker from the Seneca County Cornell Cooperative Extension and 4-H Youth Development program.

Your child participated in the following learning task which they will enjoy telling you about:

How to Enjoy the Sweet Fresh Taste of a Pineapple with the Help of an Adult*

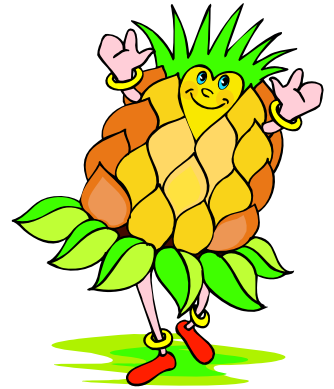
1. Wash your hands with warm, soapy, running water before preparing food.
2. With the help of an adult wash the fresh pineapple with water to start with a clean fruit that can be cut with a knife.
3. With the help of an adult remove the "prickly" skin of the pineapple with a knife. Discard the skin.
4. Cut the remaining sweet inner part of the fruit into small bite-sized pieces.
5. Enjoy!!

* Your child help prepare instant pineapple flavored pudding using child friendly preparation methods. They then added fresh bite-sized pineapple to the pudding mixture. Each child served the delicious pineapple pudding over a small prepackaged shortbread cookie.

Did You Know?

Pineapple, "halakahiki" in Hawaiian, meaning foreign fruit, has been grown in Hawaii since the early 1800's. In 1816 a wild variety of pineapple was found growing on the Big Island of Hawaii.

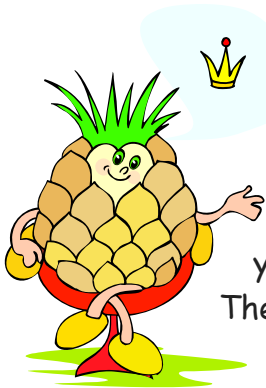
It takes a long time to grow a pineapple! Pineapples are grown from the crowns or tops of other pineapples. When the plants are one year old the flowering process begins. The flower bud is small and pink, and looks like a pine cone. As the bud grows it will become the fruit we know as a pineapple. It takes 18 months for the plant to produce a pineapple.



In addition to Hawaii, pineapple for the fresh market is grown in Costa Rica, Honduras, Mexico, Dominican Republic, El Salvador, Ecuador, and Nicaragua.

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*.

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).

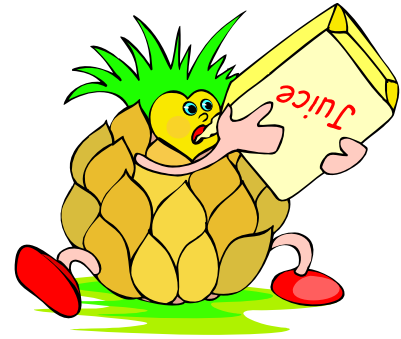
The Cayenne pineapple, the longer of the two, has a golden-yellow skin and long, sword like leaves sprouting from a single tuft. The Red Spanish pineapple is shorter and thicker in shape, has a reddish golden-brown skin and leaves that radiate from several tufts.

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.

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

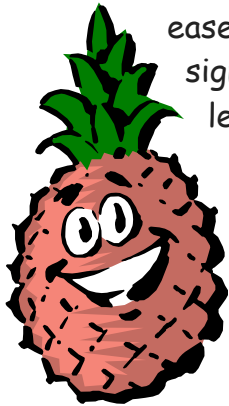
There are some variations in flavor depending on the type, but all ripe pineapple is exceedingly juicy and most varieties have a tangy sweet-tart flavor.

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.



How to Select & Store

Pineapples are picked when ripe and therefore do not ripen after harvest. Select pineapples that are fresh looking and heavy for their size. The color of the shell does not determine the sweetness of the pineapple. Deep green crown leaves are a good sign of freshness. Contrary to popular belief, the ease with which leaves can be pulled out is not necessarily a sure sign of ripeness. Avoid fruit that is old looking, dry or with brown leaves. Avoid bruised fruit, or those with soft spots.



You can also get fresh pineapple that has already been cut. This type of fresh pineapple can be found in the produce department. It makes eating fresh pineapple very convenient.

When you bring a whole fresh pineapple home from the market, you can either eat it right away or refrigerate it for 2 to 4 days. Once you cut a pineapple, you should store it in your refrigerator. It will last a couple of days if stored in a tightly covered container.

Availability

Fresh pineapple is available year-round with a peak season from March to July.

Nutrition Information

Fresh pineapple is a good source of vitamin C! Just one serving of fresh pineapple (2 slices) contains 60 calories and 25% of your daily recommended vitamin C.

Everyone Loves Fresh Pineapple!

Have you ever tried grilling slices of fresh pineapple? The next time you grill chicken or fish put slices of fresh pineapple on the grill too. You will love it!

Remember, it will take only a few minutes to cook the pineapple, so place it on the grill when the chicken or fish is almost finished cooking. Chunks of fresh pineapple are also a great addition to tuna or chicken salad.

