♦ Originally from South America and grows well in warmer climates

♦ Named by European explorers because they looked like a pinecone.

♦ Did you know that you can grow a pineapple by twisting the crown off, allow it to dry for 2-4 days and then plant it.

♦ One pineapple plant produces only one pineapple every 2 years.

♦ Good source of vitamin C and fiber.

♦ A source of manganese, needed by bones and cartilage in joints as well as the brain.

♦ Good for colds and coughs, contains Bromelain, an enzyme excellent for digestion and has been found to suppress coughs and loosen mucus.

♦ Pineapple is not, strictly speaking, a fruit. Rather it is 100-200 fruitlets all fused together.