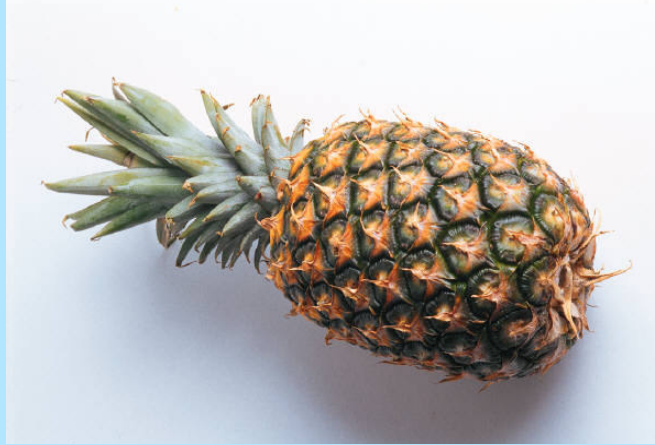


PINEAPPLE



- ◆ 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.