

PINEAPPLE

Hawaiian Name: *Hala Kahiki*

Common Name: Pineapple

Scientific Name: *Ananas comosu*

Origin: Brazil, Paraguay

Plant Part Eaten: Fruit



Locally Grown...

- Pineapples are not native to Hawai'i. They were introduced in the early 1800's and quickly became one of Hawai'i's biggest crops.
- Many of Hawai'i's immigrant groups, including Chinese, Filipino, Japanese, Portuguese, Puerto Ricans, and Koreans, came to Hawai'i to work on the sugar and pineapple plantations.
- Hawai'i once produced 75% of the world's pineapple supply and is still well-known for this fruit.
- At one time the entire island of Lana'i was owned by Dole Food Company and used for growing pineapples.
- Many Hawai'i student's grandparents and great-grandparents may have worked in pineapple fields or in a pineapple cannery.
- Today, pineapple is only grown on the few remaining plantations on O'ahu and Maui, and at small farms around the state.

Where else it's grown in the world...

The Philippines is the largest producer of pineapples in the world. Other top producers are Thailand, Costa Rica, Indonesia, Chile, and Brazil.

Nutrition Info...



- A good source of fiber to keep the digestive system healthy.
- Provides Vitamin C, which boosts immunity.
- The enzyme bromelain helps with digesting food.
- Provides antioxidants to fight off illness.

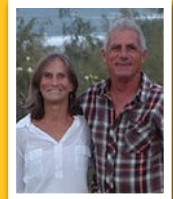
Meet a Farmer...

Farm: Hole in the Mountain Farm

Farmers: Paul and Jude Huber

Location: Moloa'a, Kaua'i

Website: kauaisugarloaf.com



kauaisugarloaf.com

Paul & Jude Huber grow the low-acid Sugarloaf variety of white pineapple on their 37 acre farm in Moloa'a, Kaua'i. They employ a very labor intensive method of harvest, walking the fields every two days to hand select only the field ripened pineapple. Hole in the Mountain Farm's sweet pineapples are sold online and at several Kaua'i farmers' markets, where the pineapples sell out very quickly. Paul and Jude also grow rambutan, longan, mango, and plumeria.

In the Garden...

- Edible pineapples do not produce seeds, so must be grown vegetatively.
- Twist or cut off the top and let it dry for about two weeks. Remove the leaves from the bottom two inches of the crown.
- Plant in moist soil in a sunny area, either in the ground or in a pot.



- Do not overwater.
- It will usually take 18-24 months to get a mature pineapple, but it's worth the wait!
- Save the top and also look for "slips" growing from the bottom that can also be used to grow more pineapples.

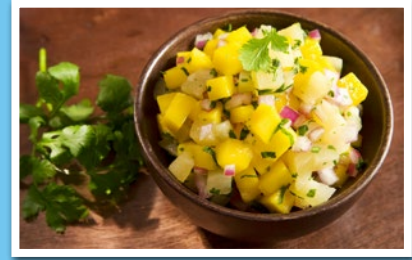
Let's Get Cooking... 'Āina Life Salsa

Ingredients

- 1 pineapple
- 3 firm ripe tomatoes
- 1 liliko'i
- 1 lime
- 1 fresh red onion
- 1 bunch cilantro
- 1 teaspoon chili paste
- sea salt

Directions

1. Cut pineapple into small bite-sized cubes.
2. Thinly slice red onion.
3. Mix the juice of liliko'i, lime, and chili paste in a bowl.
4. Pour liquid over pineapple and onion.
5. Cut tomato into 1/4 inch cubes.
6. Chop cilantro leaves.
7. Mix in tomato and cilantro, and a pinch of salt to the salsa.



This salsa is great served over fish or in fish tacos.

Recipe from "Ike 'Āina: From the Seed to the Table" by Kua o ka Lā Public Charter School and Ho'oulu Lāhui.

Reminder: Please compost your food waste.



What can you make with pineapple?

Pineapple is great by itself and also in fruit salads, jam, chutney, pineapple upside-down cake, juice, smoothies, kabobs, salsa, popsicles, and more. It can also be dried and enjoyed in trail mix.



Did you know?



1. Pineapples don't grow on trees. They grow close to the ground on a plant that only gets to be about three feet high.
2. Pineapples produce bromelain, an enzyme that aids digestion and can be used to tenderize meat.
3. The largest pineapples can weigh more than 20 pounds!
4. Pineapple leaves can be used to make fabric.
5. Pineapples don't need to be yellow to be ripe. Some types of pineapple have white flesh when ripe.
6. Pineapples take 18-24 months to grow.
7. Pineapples won't ripen any further once picked, like some fruits.
8. Pineapples became a symbol of hospitality in New England where the then-rare fruit was shared with family and friends when ships returned from the Caribbean.

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiifoundation.org/HawaiianHarvest.

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