

FOOD PREPARATION STEPS



1. Twist crown off pineapple then wash fruit thoroughly under running water.



2. Slice off the top and bottom of the pineapple.



3. Stand pineapple up and slice fruit in half lengthwise. (You may also choose to cut off "skin" prior to slicing in half.)

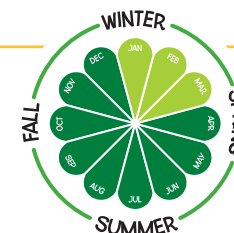


4. Lay each half down, then cut lengthwise again.



5. Slice into 1" pieces so you are left with rounded triangles to serve.

Pineapple is a good source of vitamin C, which provides antioxidant protection from free-radical damage. The fruit also contains the mineral manganese, which is important for energy production and antioxidant activity, helping to fight off cell damage.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Pineapple grows year-round in Hawai'i, with peak availability in April through December.
- Fruit should be plump and fresh looking. Ripe pineapple may still have a greenish rind.
- Larger fruits will provide more to eat, but are not any different in quality than smaller fruits.
- Pineapple can be kept for several days in a refrigerator.
- Pineapple tops can be replanted; consult with the school garden team about taking these on as a project.

**Seasonality varies with location and from year to year.*

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 produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.