Pineapple

What am I?

Pineapples are a tropical fruit that are cone shaped with a waxy tough skin that has small spines protruding from it. The inside flesh is yellow with a hard core in the middle. The leafy top, hard skin and core are not eaten.

How do I grow?

- The pineapple plant is an herb that grows in tropical areas.
- It will produce only one pineapple each growing season.
- Pineapples do not ripen after they have been picked.

Nutrition Facts

Pineapples are a good source of vitamin C, potassium and fiber.

Fun Facts

- Pineapples contain an enzyme, called bromelain, that can be used as a meat tenderizer.
- The name pineapple in English came from “pina” in Spanish because it looks similar to a pinecone.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent