



## Geography/History

The **Pineapple** Tree is actually native to Paraguay in South America. For thousands of years, Central America communities cultivated pineapples found in the wild. Columbus and his crew fell in love with them 1493. European art quickly took to the pineapple motif. Knobs on pew ends were even carved in the pineapple's designer shape. The fruit found its way to the Philippines and China by the end of the sixteenth century. Naturalizing in Java, pineapples especially loved the growing conditions on the west coast of Africa. Today Hawaii is renowned for the cultivation of producing exceptional pineapple. Several varieties grow in Central America and in the Caribbean. Some supplies are imported from Honduras, Mexico, Puerto Rico, Costa Rica and the Dominican Republic. Pineapples also thrive in China, South Africa, India, Madagascar and the Philippines.

See the table below for in depth analysis of nutrients:  
 Pineapple (*Ananas comosus*), Fresh,  
 Nutritive Value per 100 g  
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	50 Kcal	2.5%
Carbohydrates	13.52 g	10%
Protein	0.54 g	1%
Total Fat	0.12 g	<1%
Cholesterol	0 mg	0%
Dietary Fiber	1.40 g	4%
<b>Vitamins</b>		
Folates	18 µg	4.5%
Niacin	0.500 mg	4%
Pyridoxine	0.112 mg	9%
Riboflavin	0.018 mg	1.5%
Thiamin	0.079 mg	6.5%
Vitamin A	58 IU	2%
Vitamin C	47.8 mg	80%
Vitamin E	0.02 mg	<1%
Vitamin K	0.07 µg	0.5%
<b>Electrolytes</b>		
Sodium	1 mg	0%
Potassium	109 mg	2.5%
<b>Minerals</b>		
Calcium	13 mg	1.3%
Copper	0.110 mg	12%
Iron	0.29 mg	3.5%
Magnesium	12 mg	3%
Manganese	0.927 mg	40%
Phosphorus	8 mg	1%
Selenium	0.1 µg	<1%
Zinc	0.12 mg	1%
<b>Phyto-nutrients</b>		
Carotene-β	35 µg	--
Crypto-xanthin-B	0 mcg	--

## Description/Taste

**Pineapples** are the most distinctive of fruits when it comes to appearance. Truly an exotic creation, this scrumptious tropical wonder is topped with a tuft of narrow pointed leaves, has a very prickly green to yellow skin and is covered with characteristic protuberances. Modern cultivars are seedless, being smaller fruits and having smoother leaves compared to the wild species that have thorny-edged serrated leaves. Offering a sweet succulent flavor, pineapple delivers a refreshing melting texture.

