

# Harvest of the Month



March



Pineapple



## Pick:

- Choose sweet smelling, firm pineapples that are heavy for their size, with green spikes that can be easily removed.
- Avoid pineapples that are green in color, bruised or have soft spots.

## Store:

- Pineapple can be left at room temperature for a couple of days or stored in the refrigerator for about a week. Once cut, store pineapple in a sealed container and use within a few days.

## Prepare:

- To prepare pineapple, slice off the crown and base of the pineapple, then place it base side down. Slice off the remaining skin then slice in half or quarters and remove the core.

## Nutrition Info

One cup cubed pineapple has 82 calories and provides vitamin C and manganese.

## Fun Facts

It takes two years for a pineapple plant to produce fruit and each plant only produces two pineapples during its lifecycle.

Did you know the Caribbean Natives placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality?

Pineapple juice can be used to tenderize and marinate meats!

## Uses

Try a Hawaiian Pizza! Spread tomato sauce on a whole wheat pita or English muffin, sprinkle with mozzarella cheese and top with pineapple chunks & ham.

Add pineapple rings to hamburgers or turkey burgers.

Pineapple is a great addition to stir fries. Cook diced pineapple, broccoli, mushrooms, onions, snow peas, and bell peppers in a little olive oil on high heat.

## Family Friendly Activities

Pick one night a month to have a special theme night featuring a fruit or vegetable. For pineapple you could have a Hawaiian Luau! Serve Hawaiian inspired foods and hold a limbo contest.

Make fruit kabobs by pushing pineapple, strawberries, grapes, and bananas onto skewers. Serve as a light appetizer or refreshing dessert.

## Nutrition Facts

Serving Size 1 cup (371g)  
Servings Per Container 4

Amount Per Serving		% Daily Value*	
<b>Calories</b>	370	<b>Calories from Fat</b>	110
<b>Total Fat</b>	12g		18%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	320mg		13%
<b>Total Carbohydrate</b>	60g		20%
Dietary Fiber	7g		28%
Sugars	14g		
<b>Protein</b>	7g		
Vitamin A	140%	Vitamin C	80%
Calcium	6%	Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Pineapple Fried Rice

Serves 4 (1 cup per serving)

### Ingredients:

- 3 Tbsp. low-sodium soy sauce
- 3 Tbsp. olive oil
- ½ tsp. ground ginger
- ½ tsp. pepper
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots, peeled and grated
- ½ cup frozen corn
- ½ cup frozen peas
- 3 cups cooked brown rice
- 2 cups diced pineapple, fresh or canned
- 2 green onions, diced

### Directions:

In a small bowl, whisk together soy sauce, 1 Tbsp. oil, ginger, and pepper; set aside. Heat 2 Tbsp. olive oil in a skillet or wok over medium high heat; add garlic & onion and cook until onions are translucent, about 3-4 minutes. Stir in carrots, corn and peas and cook for 3-4 minutes or until vegetable are tender. Stir in cooked rice, pineapple, green onions and soy sauce mixture; cook until heated through, about 2 minutes. Serve as is for a meatless entrée or add cooked diced chicken!

*For more information on Farm2School & Foot Steps to Health visit [www.GetActiveLaCrosse.org](http://www.GetActiveLaCrosse.org)*

Color a  
Pineapple!

