

# Harvest of the Month



April



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 one 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.

Pineapple 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 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.

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.

Add pineapple rings to hamburgers or turkey burgers.

## 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.

## Pineapple Salsa

Serves 6 (about 1/2 cup per serving)

### Ingredients:

- 2 cups finely chopped fresh pineapple
- ¼ cup diced red onion
- 4 green onions, finely chopped
- ½ red bell pepper, chopped
- 2 Tbsp. finely chopped fresh cilantro
- 2 Tbsp. honey
- Juice of 1 lime
- 1 small jalapeno, seeds & membrane removed
- ½ teaspoon black pepper
- Dash of cayenne pepper

### Directions:

Combine all ingredients; cover and refrigerate for an hour or more to blend flavors. Serve with baked tortilla chips or with grilled or broiled fish, or chicken.

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

## Nutrition Facts

Serving Size 1/2 cup (148g)  
Servings Per Container 6

### Amount Per Serving

Calories 90      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 2g      **8%**

Sugars 18g

**Protein** 1g

Vitamin A 20%      •      Vitamin C 140%

Calcium 2%      •      Iron 2%

\*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

Color a  
Pineapple!

