April  Pineapple

**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.

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**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.
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.

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