

Pineapple Assorted

Ananas comosus; *Ananas bracteatus*



Common names	Pineapple, Ananas, Nanas, Pina.
Origin	The pineapple is native to southern Brazil and Paraguay where wild relatives occur. It was spread by the Indians up through South and Central America to the West Indies before Columbus arrived. It belongs to Bromeliaceae family.
Description	The pineapple looks very similar to the pinecone, very popular all over the world for its sweet and tart flavour.
Growth Habitat	The pineapple is a tropical or near-tropical plant. Full sun needed for good growth and sweetness.
Foliage	Long pointed leaves 55-180cm, usually needled-tipped, spiral tightly round a short stalk. Green or striped with red, yellow or ivory down the middle or near the margins. A small crown of short leaves grows on top of the pineapple fruit.
Flowers	At blooming time, the stem elongates and enlarges near the apex and puts forth an inflorescence of small purple or red flowers. Up to 200 flowers or more.

Fruits	Once it flowers, the individual fruits of the flowers join together to create what are commonly referred to as a pineapple. The tough, waxy rind may be dark green, yellow, orange-yellow or reddish when the fruit is ripe. The flesh ranges from nearly white to yellow. In size, the fruits are up to 30cm long and weigh 0.4 to 4.5kgs or more. The fruit is sweeter at the base than at the top.
Soil	The best soil for the pineapple is a friable, well-drained sandy loam with a high organic content. The pH should be within a range of 4.5 to 6.5. Soils that are not sufficiently acid can be treated with sulfur to achieve the desired level. The plant cannot stand water logging.
Pruning	Pineapple leaves can be pruned if they get too long. Cut a V-shape on the leaf to make it look more natural. Yellow and dead leaves can be split down the middle and pulled apart at the stem.
Fertilization	Nitrogen is essential to increase fruit size and total yield, which should be added every four months. Spraying with a urea solution is another way to supply nitrogen. Fruit weight has also been increased by the addition of magnesium. Of the minor elements, iron is the most important, particularly in high pH soils. Iron may be supplied by foliar sprays of ferrous sulfate.
Propagation	Propagation can be done by planting the crown (leaves that grow on top of the fruit), slips (from the flowering stalk), suckers (shoots from the leaf axils on the stem) and ratoons (suckers from the stem below the soil level). Suckers and ratoons grow and fruit faster.
Harvest	Harvest at half to full colour for fresh fruit market and avoid bruising fruit which can result in post harvest rots.

Nutritional Properties	Pineapple is an excellent source of vitamin C and manganese. It is also a good source of vitamin B1, vitamin B6, folate, copper and dietary fiber.
Health Benefits	<ul style="list-style-type: none">• This fruit acts like a digestive as well as a natural anti-inflammatory fruit. It contains a group of sulfurs that aids digestion.• Bromelain present in fresh pineapples helps reduce swelling in inflammatory conditions like gout, arthritis, sore throat and acute sinusitis. The recovery time for surgeries and injuries is also reduced.• Enzymes in pineapples are used successfully for treating rheumatoid arthritis.• It also speeds up tissue repair associated with general surgery, diabetic ulcers and injuries.• This fruit also reduces blood clotting and aids in removing plaque from the arterial walls.• People suffering from angina can consume pineapple because it enhances blood circulation in narrowed arteries.• Pineapples are also used to cure throat infections and bronchitis.• This fruit is very efficient in treating anemia and arteriosclerosis.• Also, it is an excellent cerebral toner.• Pineapple aids in building healthy bones.• As pineapple is rich in vitamin C, it is good for oral health. It also prevents periodontal disease and gingivitis.

<p>Commercial Uses</p>	<p>Pineapples can be eaten fresh, in fruit salads, vegetable salads, and pasta dishes, and in cooking such as cakes, jams, chutneys, puddings, cooked with meat dishes such as ham or in pizzas. It was found to arouse appetite; the unripe fruit was effective as diuretic and contraceptive, and in the expulsion of intestinal worms. Some scientists found in its leaves possible cure for venereal diseases. The crown or leaves of the plant also serve as raw material for wallpaper and furnishings. The waste from canning can be further processed into animal feed. In the Philippines, the fibers from the pineapple leaves are used to make a unique, woven fabric. Bromelain extracted from the stem and fruit is used as a meat tenderizer and also used for those suffering from osteoarthritis, acute inflammation and sports injuries.</p>
<p>Food Suggestion</p>	<p>Pineapple Fried Rice</p> <p><u>Ingredients :</u></p> <ul style="list-style-type: none"> • 450g overnight cooked rice • 4 tbsp oil • 250g pineapple, diced • 100g small prawns • 100g chicken meat, diced • 2 eggs, lightly beaten • Seasoning: • 3 tbsp fish sauce (Nampla) • 1 tsp pepper • 1 tsp sugar • 1 tsp chicken stock granules • 5 bird chillies (cilipadi), chopped <p>Garnishing: Chopped spring onions and coriander</p> <p><u>Method</u> Heat wok with 2 tbsp oil and saute prawns and chicken meat until cooked. Add eggs and combine well. Mix in rice; add</p>

	<p>seasoning and blend well. Gradually drip in remaining oil. Lastly, add pineapple and blend well. Add the chilli and chopped spring onions and coriander. Dish out and serve either in a pineapple boat or on individual serving plates.</p>
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