

# PINEAPPLE

## Varieties

*Cayenne*: Tall & cylindrical with a golden-yellow color and long leaves that sprout from a single tuft.

*Red Spanish*: Short & plump with reddish-gold skin and leaves that sprout from several tufts.

## Key Nutrients

Vitamin C

Manganese

## Where and when do I grow?

In the United States, *Cayenne* pineapples grow in Hawaii, while *Red Spanish* pineapples grow in Florida and Puerto Rico. Outside of the U.S., pineapples grow in tropical climates like Honduras, Mexico, Costa Rica and the Dominican Republic.

The best time to buy a pineapple is between March and July.

## Mini Lesson



Write a short letter to yourself that includes five goals to improve your eating habits. Write simple ways to eat better, such as eating more fruits and trying new vegetables. Setting goals is a great way to accomplish new things!

## Opportunities for Extension

Use a large wall map to pinpoint all of the different places pineapples grow across the world. What do these places have in common? What is different about them?