

Qin Apple

The natives of southern Brazil and Paraguay spread the pineapple throughout South America, and it eventually reached the Caribbean, Central America and Mexico, where it was cultivated by the Mayas and the Aztecs. Large-scale pineapple cultivation by US companies began in the early 1900s on Hawaii. Pineapples have exceptional juiciness and a vibrant tropical flavor that balances the

tastes of sweet and tart. They are second only to bananas as America's favorite tropical fruit. Although the season for pineapple runs from March through June, they are available year-round in local markets.

Pineapple is a tropical, perennial, drought-tolerant plant. It grows up to 5-8 ft in height and spreads around about 3-4 feet radius cover. It is essentially a short, stout stem with a rosette of waxy long, needle-tipped leaves.

The pineapple fruit is described as compound (multiple) type of fruit that develops from many small fruitlets fused together around central core. Its pulp is juicy and fleshy with the stem serving as a supporting fibrous core. The outer skin features rough, tough, and scaly rind. The color in the ripe fruits may be yellow, orange-yellow or reddish. Internally, its juicy flesh may range from creamy white to yellow and has a mix of sweet and tart taste with rich flavor. Each fruit measures up to 12 inches in length and weighs 1 to 8 pounds or more.

Health benefits of Pineapple fruit

- Fresh pineapple is low in calories.
- Its flesh contains no saturated fats or cholesterol; however, It is rich source of soluble and insoluble dietary fiber like *pectin*.
- Pineapple fruit contains a proteolytic enzyme bromelain that digests food by breaking down protein. Bromelain also has anti-inflammatory, anti-clotting and anti-cancer properties.
- Fresh pineapple is an excellent source of antioxidant vitamin; vitamin C. 100 g fruit contains 47.8 or 80% of this vitamin.
- In addition, pineapple fruit is rich in B-complex group of vitamins like folates, thiamin, pyridoxine, riboflavin and minerals like copper, manganese and potassium.

