



# PINEAPPLES

Pineapples are actually not just one fruit but a composite of many flowers whose individual fruitlets fuse together around a central core.

Each fruitlet can be identified as an "eye," the rough spiny marking on the pineapple's surface. Pineapple is an excellent source of vitamin C manganese and thiamin, which aid in Energy Production and Antioxidant Defenses.

## Seasonal Availability

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Hawaii	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy
Costa Rica	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy
Honduras	Heavy	Heavy	Heavy	Heavy	Peak	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy	Heavy
Mexico	Light	Light	Heavy	Heavy	Heavy	Light	Light	Light	Light	Light	Light	Light
Dominican Republic	Light			Light	Heavy	Heavy	Light	Light	Light	Light	Light	Light

Heavy
Peak
Light