

# One-on-One Pineapples

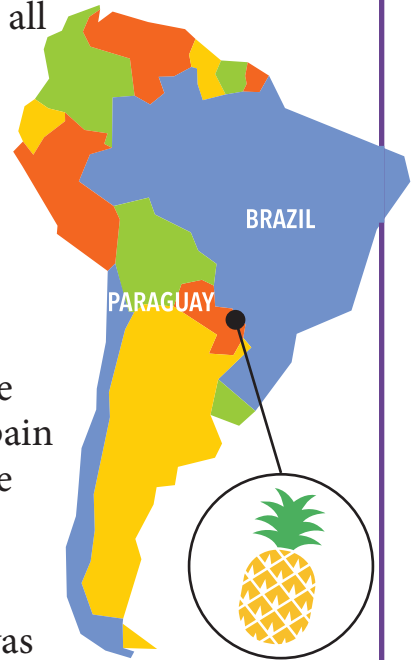
## A Short Primer on Pineapples

Pineapple is a fruit that has been enjoyed by people all over the world for thousands of years.

**History:** Originating in South America, the pineapple as a crop eventually reached the Caribbean, Central America, and Mexico, where it was cultivated by the Mayas and the Aztecs.

The first European to encounter the pineapple was Columbus who brought the plant back to Spain and called it *piña de Indes*, meaning “pine of the Indians”.

The Spanish introduced the pineapple into Hawaii and the first commercial plantation was in 1886. The most famous investor was James Dole, who moved to Hawaii and started a 60-acre pineapple plantation in 1900.



Today, the Philippines are one of the top exporters of pineapples in the world.

**Botany:** Pineapples do not grow on trees. Unlike other fruit, you do not need seeds to grow a pineapple. Instead, they grow from leafy pineapple plants that are rooted into the ground.

The plant consists of thick leaves around a central stem. In a healthy pineapple plant, leaves can grow up to about 5 feet long. The pineapple fruit grows out of the top of the central stem.



# One-on-One Pineapples

## A Short Primer on Pineapples (continued)

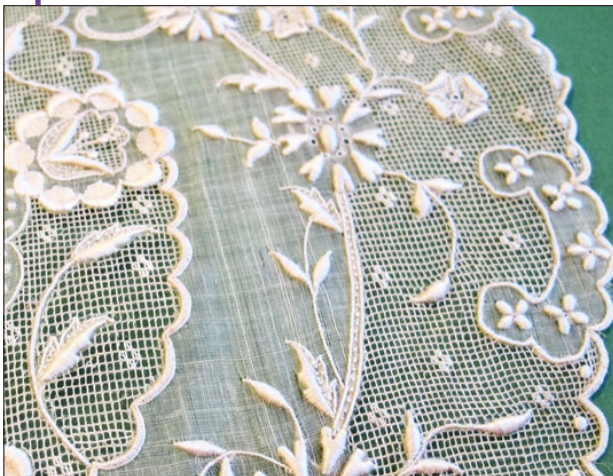


Pineapple plants in the wild are often pollinated by humming birds. It can take 2-3 YEARS for a pineapple to become ripe enough to eat. Pineapples do not ripen after they are harvested.

**Nutrition:** Raw pineapple pulp is 86% water, 13% carbohydrates, 0.5% protein. In a little over one cup, pineapple supplies 50 calories, and is a rich source of manganese and vitamin C. It also provides nutrients like folate, vitamin B-6 and other antioxidants.

**Did You Know?** Manganese is a trace mineral and contributes to bone health, brain function and regulating our thyroid and blood sugar.

**Science:** Present in all parts of the pineapple plant is a mixture of enzymes called **bromelain**. Bromelain in pineapple juice makes a great meat tenderizer. But it can interfere with some processes like gelatin. So, no pineapple in your fruit Jell-O!



Embroidery on Piña cloth.

**Textile:** The 'Red Spanish' pineapples were once used in the Phillipines as the source of traditional piña fibers. These were woven into lustrous, lace-like fabrics usually decorated with intricate floral embroidery known as calado and sombrero.

They were favored for their light and breezy quality, which was ideal in the hot tropical climate of the islands.

One-on-One  
**Pineapples**

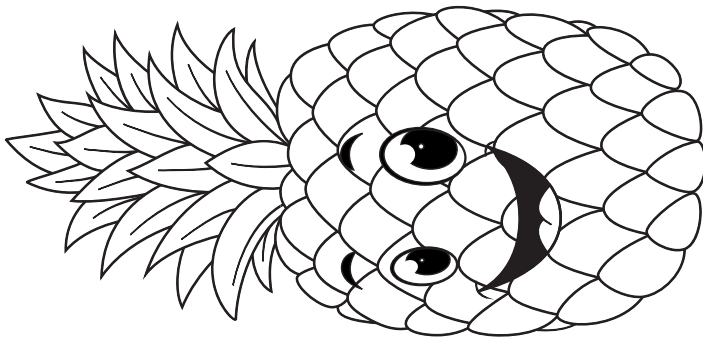
Let's Make Bookmarks!

**Supply List:**

Good coloring pencils.

**Directions:**

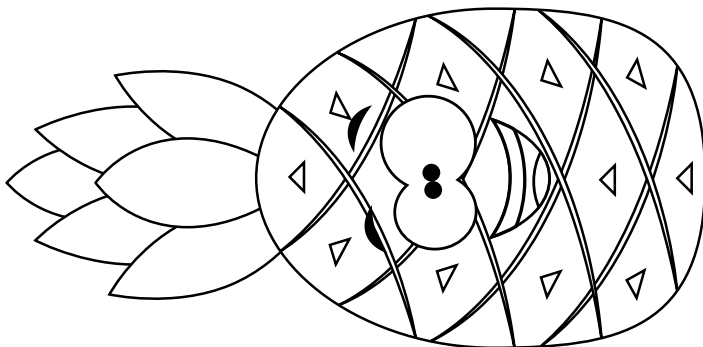
Color in the bookmarks. Carefully cut them out. Keep one and share one with a friend!



**Stand Tall**

and wear a

**CROWN**



**Prickly**  
on the outside,

**SWEET**

on the inside.

# One-on-One Pineapples



## Art Study

**Artist:** Henri Matisse - French, 1869 - 1954  
**Title:** Still Life with Pineapple, 1924

### Discuss the Art:

- Take a look at the colors in this artwork.
- Why do you think the artist used these colors?
- What shapes do you notice in this painting?
- What else caught your eye?

Henri Matisse grew up in the northern part of France. He went to school in Paris and studied law. At the age of 18 he came down with appendicitis. During his recovery his mother gave him paints and an easel to pass the time. He began drawing, soon leaving law school to pursue his art career, to the dismay of his father. Known for his use of color, Matisse developed a style that emphasized flattened forms and decorative pattern.