

Pineapple

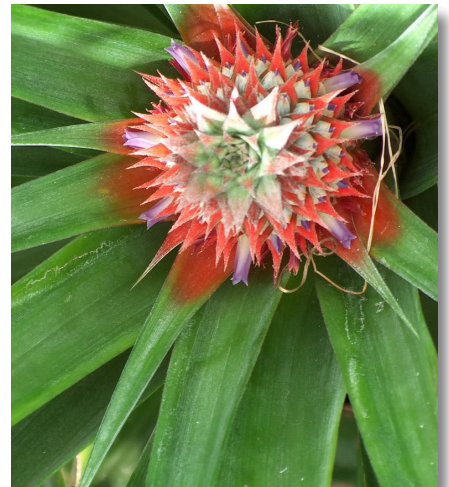


One cup serving of pineapple has more than one days worth of Vitamin C. Pineapple also contains fiber and mineral manganese.



Seeds from the pineapple can be found right under the skin. They appear to be small and black or dark brown.

pineapple are grown locally in Hawaii, and is also well known for them.



Pineapples don't grow from a tree or vine, but from the ground. Hawaii once produced 75% of the worlds pineapple supply.

