



### Pineapple in Hawaii: A Legacy of Flavor and History

Pineapple is often associated with Hawaii, but its introduction to the islands predates the arrival of American missionaries in 1820. Historical accounts suggest pineapple may have arrived from South America around 1770, yet the exact date remains uncertain.

The first recorded attempt at canning pineapple in Hawaii was in 1882, when the Kona Fruit Preserving Co. sent samples to Honolulu. The fruit was praised for its excellent flavor, but the business was short-lived, closing after only a few months due to unprofitability.



Hawaii's commercial pineapple canning industry began in earnest in 1889 when John Kidwell and John Emmeluth processed and canned pineapple on a larger scale. By 1891, Kidwell shipped over 350 dozen cans of pineapple to cities like Boston, New York,

and San Francisco, where the product was well received. In 1892, Kidwell and Emmeluth established the Hawaii Fruit and Packing Company and built a small cannery. However, high shipping costs and a 35% duty on processed fruit imports to the U.S. made the business unsustainable, and operations ceased after the 1898 season.

The turning point for Hawaii's pineapple industry came in 1899, when James D. Dole founded the Hawaiian Pineapple Company. By the 1930s, Hawaii had become the world's top producer of pineapple, with Dole supplying 75% of the global market at its peak. Pineapple fields required intensive manual labor, from planting to harvesting. Despite the grueling work, the pineapple industry offered better pay than the sugar industry, attracting a steady

workforce, including immigrants brought in to meet labor demands. By the 1980s, the global pineapple market shifted. Companies like Dole and Del Monte began scaling back operations in Hawaii, finding it cheaper to produce pineapple in Asia and South America. Del Monte eventually ceased Hawaiian operations in 2009.



Today, Hawaii produces less than 10% of the world's pineapple. Dole continues to cultivate pineapple, coffee, and cacao on the Big Island and Oahu, with chocolate production taking place at the former Dole Cannery building. Fresh pineapple is still grown by Dole Food Co. and Maui Gold Pineapple Co., primarily

for the local market and export to the West Coast. Maui Gold Pineapple Company produces Maui Gold, some of the sweetest pineapples in the world, catering to local consumers and preserving Hawaii's reputation for exceptional pineapple. Though the golden age of pineapple in Hawaii has passed, its legacy lives on through the enduring connection between the islands and this iconic tropical fruit.

#### Benefits of Consuming Pineapple

Rich source of vitamin C, essential for immune function and collagen synthesis. Provides a good amount of fiber, promoting digestive health and satiety. Contains bromelain, which may aid in digestion and reduce inflammation. Provides antioxidants that may protect against chronic diseases. Low in calories and fat, making it a healthy snack option.



# Starfruit Balsamic Vinegar Salad Dressing Recipe

## Ingredients:

- 3 starfruit
- 2 Tb. balsamic vinegar
- ½ t. salt
- 1 Tb. extra virgin olive oil
- 1 t. honey
- ½ t. mustard - wholegrain or dijon (check it is vegan)

## Instructions:

1. Trim edges and coarse-chop the starfruit and place into a mini chopper, blender or food processor.
2. Add all the dressing ingredients.
3. Process until smooth to a smooth, creamy dressing.
4. Use immediately or keep in a bottle in the fridge for up to a week.
5. Enjoy.

Note: Use sliced fruit for garnish on salad.



## Starfruit

Starfruit, known in Hawaiian as *hua hōkū*, is a tropical fruit that is not only delicious but also loaded with nutrients. Distinguished by its star-shaped cross-section, starfruit has gained popularity for its unique flavor and health benefits. Here's an overview of why you should consider adding this fruit to your diet, as well as important considerations for certain health conditions.



One of the standout features of starfruit is its vitamin C content. Vitamin C is essential for immune

function, skin health, and wound healing. A single serving of starfruit can provide a significant portion of the daily recommended intake of vitamin C, making it an excellent choice for boosting your immune system and promoting overall health. Starfruit is also a good source of fiber, which is important for digestive health. Fiber aids in regular bowel movements, helps lower cholesterol, and can contribute to a feeling of fullness, making it a great addition to a balanced diet. Additionally, starfruit contains potassium, an essential mineral that helps regulate fluid balance, muscle contractions, and nerve signals. Proper potassium intake is important for maintaining healthy blood pressure and overall heart function. While starfruit offers many health benefits, it is important to note that for individuals with chronic kidney disease (CKD), starfruit can be harmful.

The fruit contains a neurotoxin that can cause severe complications in patients with kidney failure. This can lead to confusion, seizures, and even death in extreme cases. Therefore, people with kidney disease should avoid consuming starfruit unless advised otherwise by their healthcare provider.

Starfruit is typically harvested when it shows a hint of yellow, which indicates it is ripe. While some may wait for the fruit to become fully yellow, the slightly under-ripe starfruit is often preferred for its crisp texture and slightly tangy flavor. Starfruit can ripen further after picking, so it's important to store it properly if you want to allow it to mature.

A unique feature of starfruit is that nearly the entire fruit is edible, including the seed, skin, and flesh. The skin is thin and crunchy, and the seeds are small and soft, making them easy to consume along with the fruit. Whether you choose to enjoy it whole or slice it into star-shaped pieces, starfruit offers a versatile, nutritious option for snacking or incorporating into dishes.

Starfruit is not only a visually appealing fruit but also a nutritional powerhouse, offering a rich supply of vitamin C, fiber, and potassium. However, individuals with kidney disease should exercise caution when consuming starfruit. Always ensure proper harvesting and storage methods to enjoy the fruit at its best. Whether you're eating it raw or using it in recipes, starfruit is a delicious and helpful addition to your diet.



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