

Ka Momona O Ka 'Āina

The Bounty of the Land



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**Hawaii
Child
Nutrition
Programs**

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Pineapple in the Aloha State

Pineapple is native to Central and South America and was grown in Hawai'i as early as 1813. However, it was not until the 1880s that Hawai'i's pineapple industry began to develop, eventually reaching its peak in the 1950s. The dominant pineapple variety grown in Hawai'i is Smooth Cayenne (*Ananas comosus* L. [Merr.]).

Today, pineapples are grown primarily on O'ahu and Maui in areas with relatively low rainfall. Drip irrigation has been adopted to deliver water, nutrients, and nematicides directly to the root zone after planting. Nematicides are chemicals used to control nematodes, which are small, worm-like organisms that can damage plant roots and reduce crop growth.



**Pineapple, *Ananas comosus*
L. Merr.**

Source: [CTAHR](#)



**Pineapple
(*Ananas comosus*)**

Source: J. Hollyer

In Hawai'i, pineapples are typically grown at elevations below 840 meters (2,800 feet). Flower initiation occurs in December, and ripe fruit is harvested 6 to 8 months later. Flowering of pineapple plants at other times of the year can also be chemically induced.

You can tell when a Smooth Cayenne pineapple is ripe when the eyes—the small, rough, diamond-shaped sections on the outside of the fruit—flatten and become glossy. The shell color also changes from yellow to yellow-orange.

(Source: [CTAHR](#))

Summer Feeding Success

This past summer, Kaukau 4 Keiki, part of the USDA Summer Food Service Program, provided nutritious meals to children across Hawai'i while school was out. This year, 13 sponsoring organizations operated 143 meal sites statewide. Together, these sites helped ensure that children had consistent access to healthy, nutritious meals throughout the summer, supporting families and communities across the state.



Police Volunteers at Dream Hawaii

Source: HCNP

One of these sites was Dream Hawaii in Hilo, where volunteers distributed 500 meals in a single day. Meal kits included fresh vegetables such as carrots and mini cucumbers, oranges, a loaf of bread, and other nutritious items. Local police officers also volunteered to assist with meal distributions, demonstrating the strong community partnerships that help make the program a success.

Pineapple Frozen Fruit Pops

These frozen fruit pops contain fruit, juice, and low-fat yogurt to create a refreshing treat on a summer day.

Yield

4

Ingredients

- 1 cup pineapple (crushed)
- 1 cup yogurt (low-fat, fruit flavored)
- 6 ounces orange juice (frozen, concentrate (thawed))



Pineapple Frozen Fruit Pops

Source: [USDA](#)

Steps

Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.

Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.

Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Notes

You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice. Try other fruits or juice concentrates for variety.

(Source: [USDA](#))

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