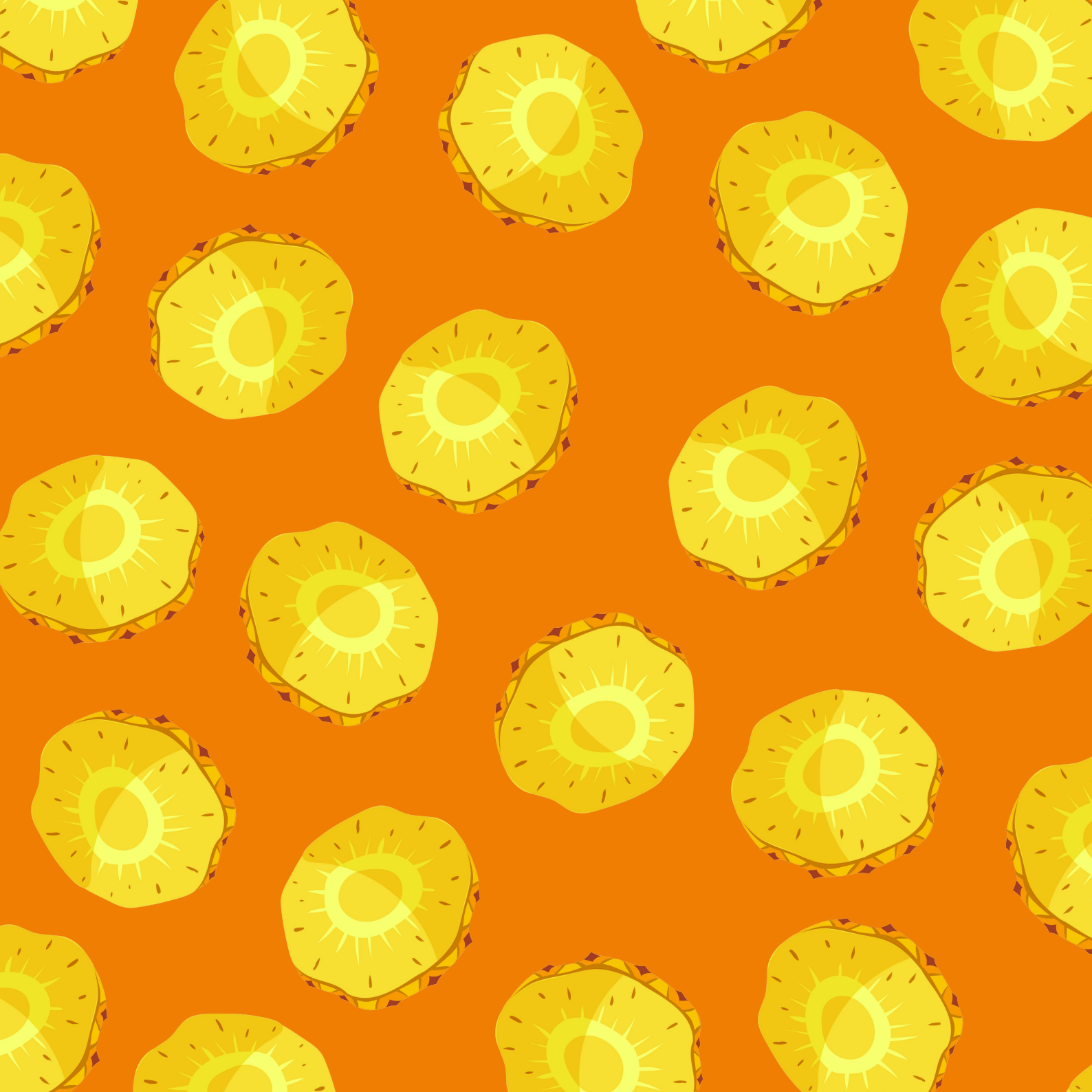


Miditer
NATURALLY YOURS

PINEAPPLE







INTRODUCTION TO **PINEAPPLE**

Pineapple (*Ananas comosus*) is a tropical fruit known for its exceptional juiciness, vibrant flavor and significant health benefits. It is the most economically important plant in the Bromeliaceae family. This fruit thrives in tropical and subtropical regions due to the favorable temperate climate and rainfall distribution. Pineapple's rich nutrient profile and extensive uses make it a vital part of tropical agriculture and trade.

THE PINEAPPLE PLANT

The pineapple plant is herbaceous and features key components such as the peduncle, leaves, stem, adventitious roots and crown shoots. The peduncle and flowers grow from the top of the plant. Fully mature, the pineapple plant can reach 3 to 6 feet in both height and width.



FLOWERS

During flowering, the pineapple plant's stem elongates and produces a cluster of small purple or red flowers. This is followed by the formation of a tuft of short leaves, known as the 'crown,' at the top of the stem.



PROPAGATION

Pineapples are propagated using crowns, slips or suckers. Crowns are cut from harvested fruit and treated before planting. Slips are side-shoots from the fruit stalk, visible halfway through fruit development. Suckers come from buds on the stem and are cut after harvest.



A close-up photograph of a pineapple's crown, showing several long, green, sword-shaped leaves with pointed tips. The leaves are arranged in a spiral pattern around the central stem. The background is a solid yellow color with faint, repeating patterns of pineapple slices and whole pineapples.

LEAVES

Pineapple plants have long, sword-shaped leaves with needle-like tips, arranged in a spiral around the central stem. The leaves can be green or striped in red, white or cream and are waxy with spines on the edges. Young leaves are in the center and older ones are at the base. Mature leaves can grow up to 5 feet (1.5 meters) long.



EXTERNAL APPEARANCE:

The pineapple fruit forms from flowers, resulting in a large cylindrical shape topped by a crown. It has a tough rind composed of hexagonal units. The fruit comes in various colors, shapes and sizes, with many different varieties available.



The background is a solid orange color with a repeating pattern of faint, stylized pineapple slices. In the bottom left corner, there is a realistic illustration of a whole pineapple with green leaves and two triangular slices of pineapple. In the center-right, there is a circular slice of pineapple with a dashed white border. A dashed white line starts from the top right, curves around, and ends with an arrow pointing to the circular slice.

INTERIOR STRUCTURE & FRUIT COMPOSITION

Inside the pineapple has fibrous, juicy flesh that ranges in color from yellow to white. The fruit matures from the top near the crown to the bottom, with its quality varying as it ripens. Pineapples are medium sized compared to other tropical fruits and consist of several fruitlets that mature in a distinct pattern.

MATURITY SIGNS AND **HARVESTING OF PINEAPPLE**

Pineapples take 18 to 32 months to mature, with a single fruit produced per plant. The fruit is ready for harvest when at least one-third of the rind has changed from green to yellow. Harvesting is done manually by cutting the crown and peduncle from the plant. Pineapples will continue to ripen even after being picked.



USES OF **PINEAPPLE**

Pineapples are highly versatile and can be consumed in various forms. They can be enjoyed fresh, cooked or juiced and are also suitable for preservation by dehydration. Dehydrated pineapples are ideal for long-term storage and snacking.

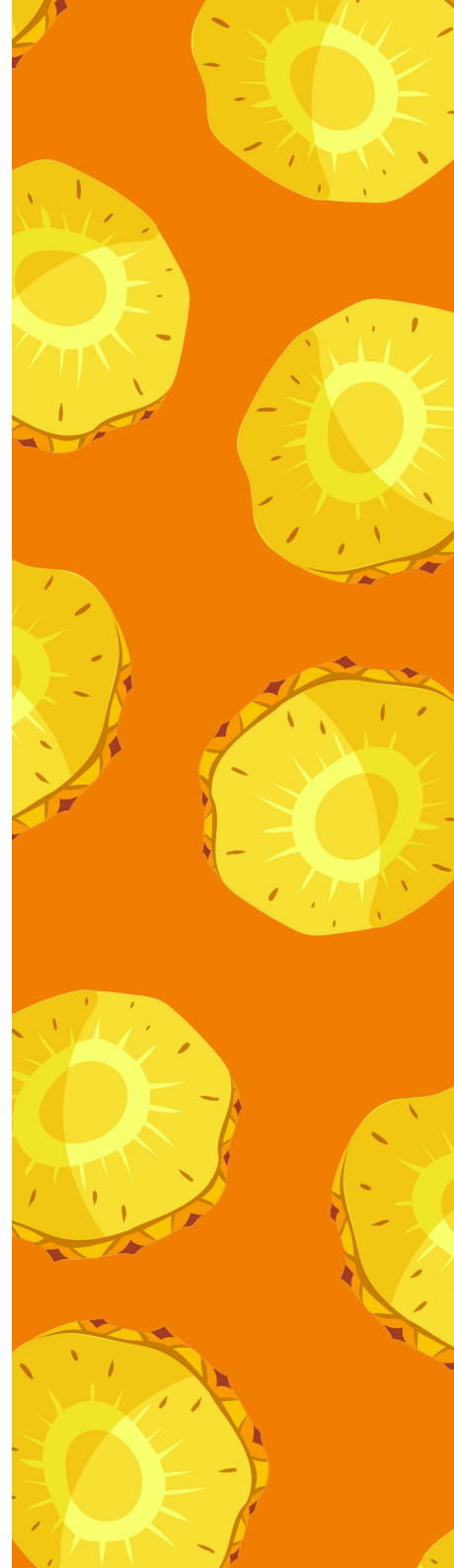


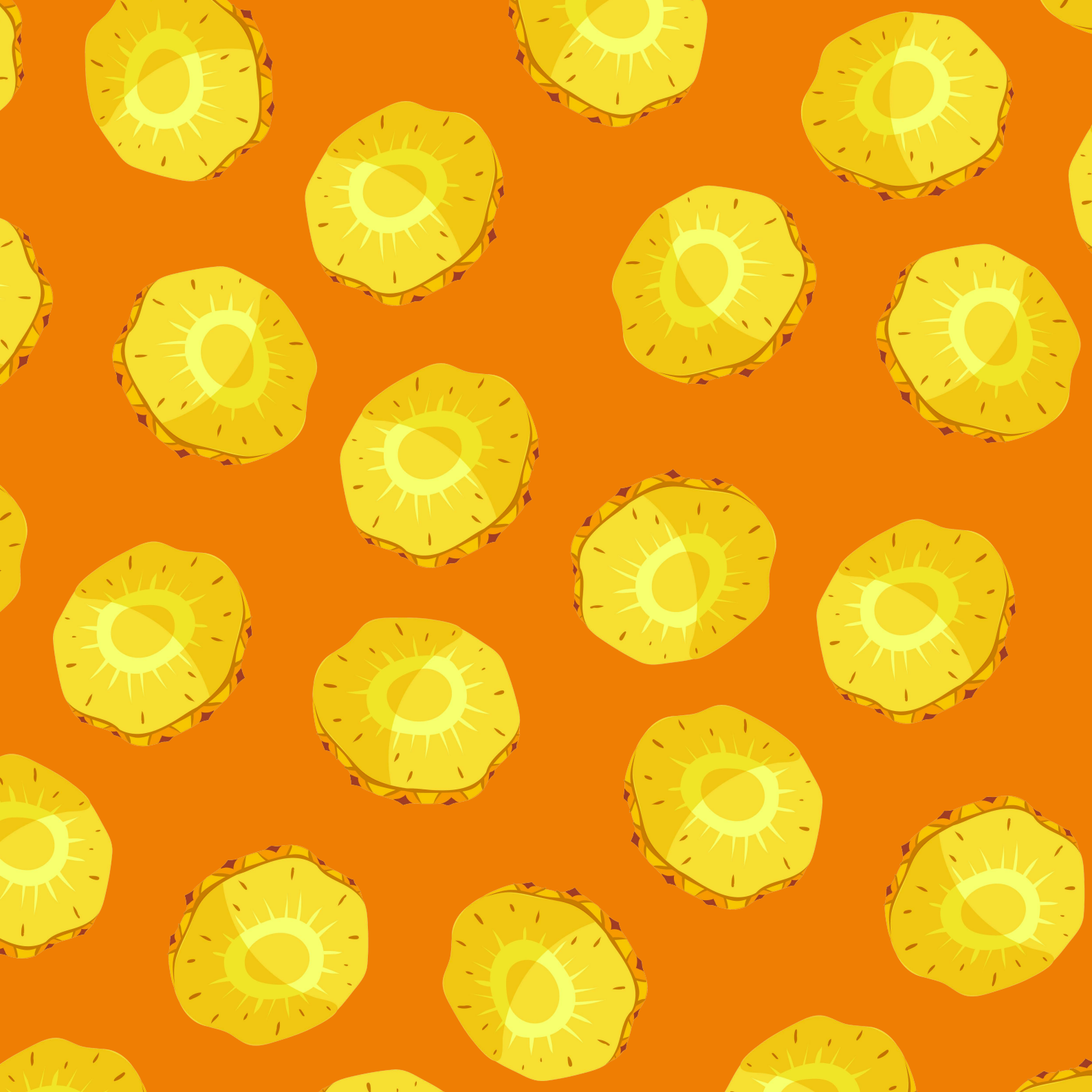
HEALTH BENEFITS OF PINEAPPLE

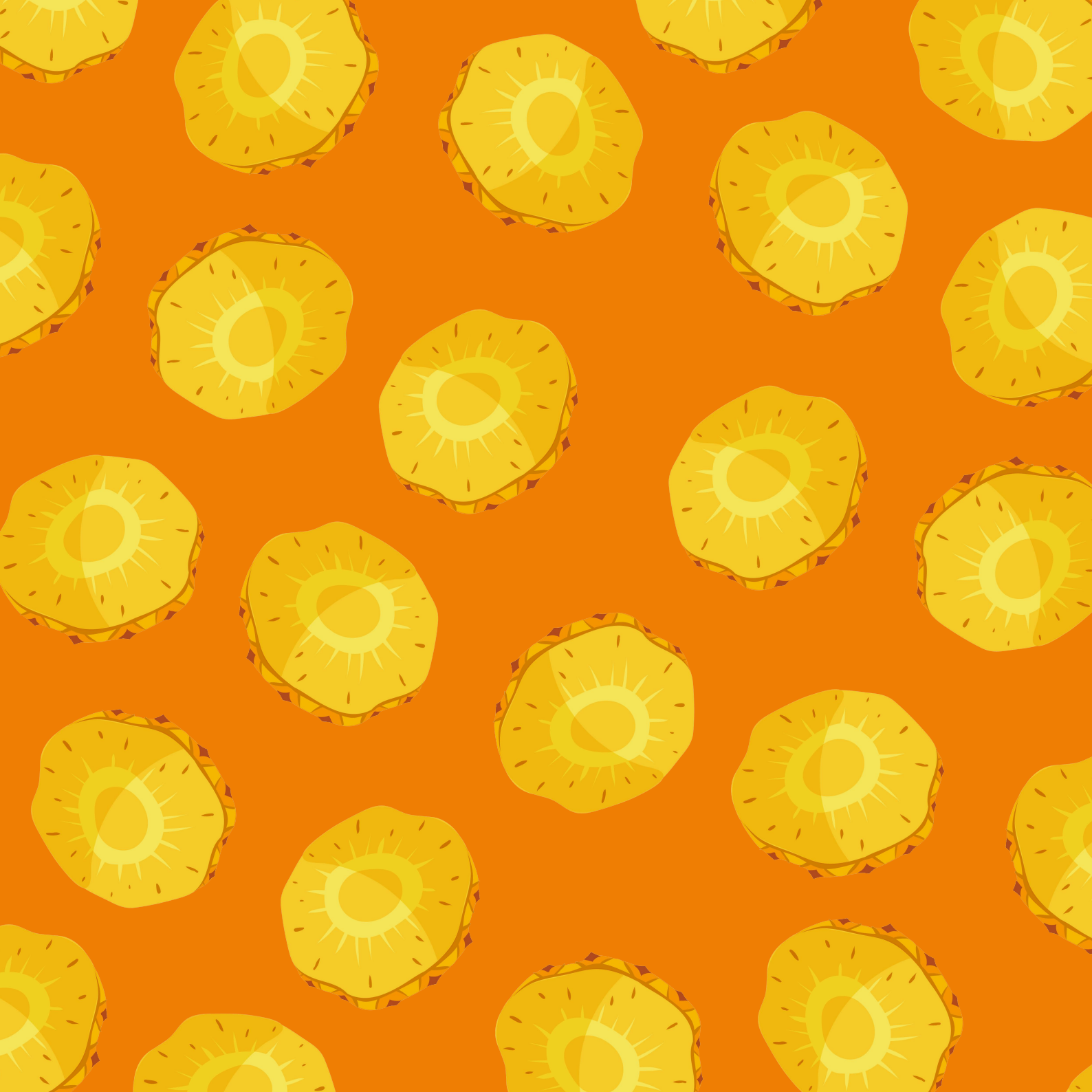
Pineapple is packed with health-boosting properties. It acts as a natural diuretic and has been used traditionally to treat digestive issues and as a natural contraceptive. The enzyme bromelain in pineapple helps reduce inflammation and supports recovery from injuries. Regular consumption may lower the risk of diabetes and cerebrovascular diseases, while also enhancing emotional stability and strengthening bones. With its antioxidant and antimicrobial benefits, pineapple improves digestion and supports overall cardiovascular health.

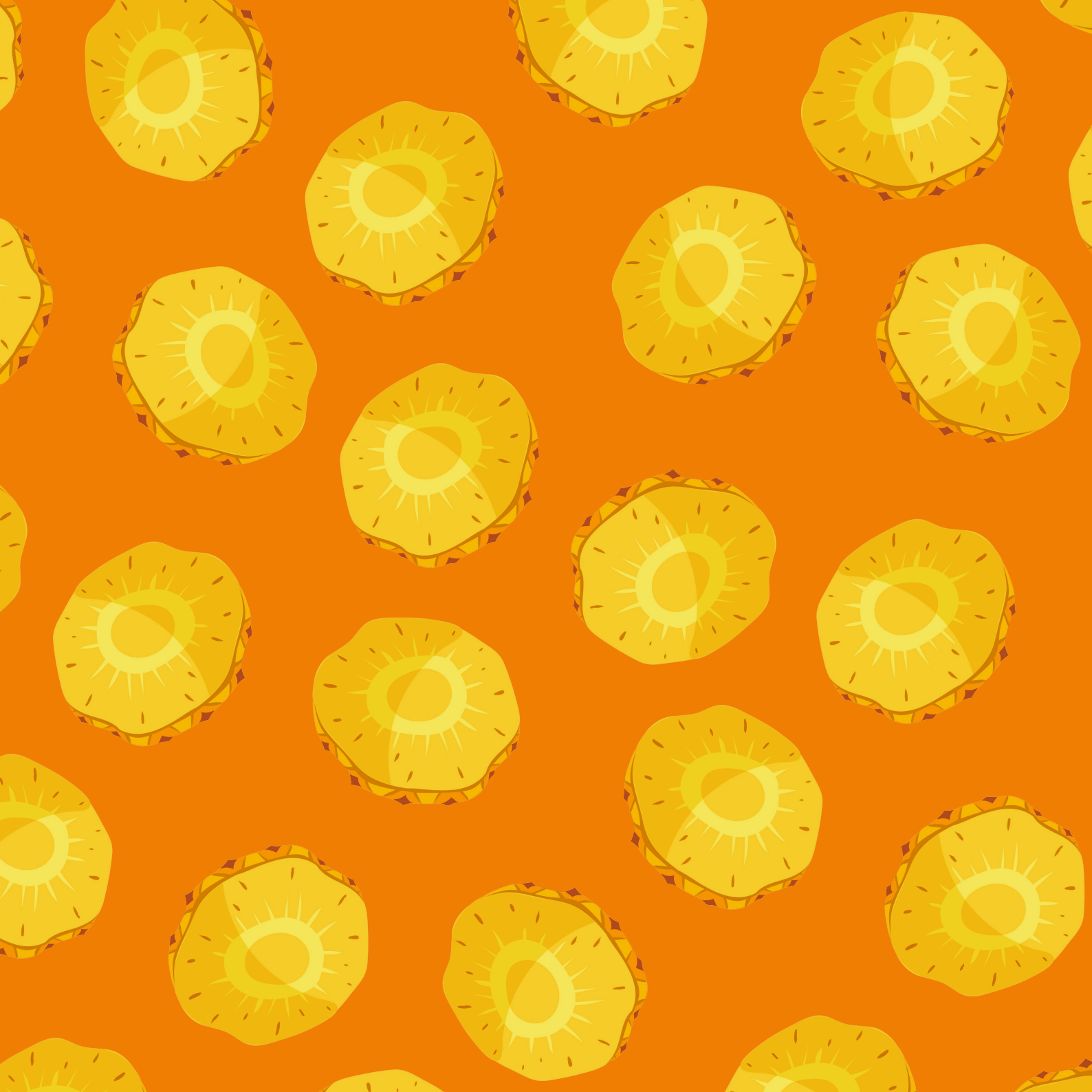
NUTRIENT COMPOSITION

Pineapple: A tropical delight rich in essential nutrients! This fruit provides a good amount of vitamin C, dietary fiber and potassium. It also contains iron, magnesium, calcium and several B vitamins, making it a flavorful and nutritious addition to your diet.









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