

# Pineapple

- [Phytopedia](#)
- [FRUITS](#)



Pineapple helps your digestive track and has anti-clotting properties

## GEEK TALK

Ananas Comosus

## BUT WE TALK

Pineapple

## DID YOU KNOW?

Pineapple is native to South America and spread to Central America and Mexico where the Aztecs cultivated it. The name pineapple has its roots in the Spanish word, 'Pina', which means pine, due to its resemblance to the pinecone.

Pineapples have a “wide cylindrical shape, a scaly green, brown or yellow skin and a regal crown of spiny, blue-green leaves”. As one gets closer to the bottom of the fruit there will be more sugar content, which in turn creates a sweeter taste.

When choosing pineapples, one should pick one that has no soft spots, and has a sweet smell at the stem, as opposed to the musty, sour or fermented smell of a rotten pineapple.

## KITCHEN PHARMACY

- Pineapple contains bromelain, which helps your digestive tract by breaking down proteins.
- It also has anti-inflammatory, anticlotting and anti-carcinogenic properties.
- Pineapple is also a great source of copper, potassium, manganese, riboflavin, vitamin A, and vitamin C.