



PINEAPPLE

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.



**How do you
pick a
pineapple?**

Question

How do you pick a pineapple?

Answer

Look at it!

It should have **NO BRUISES**

Feel it!

It should feel **FIRM**

Smell it!

It should smell **FRUITY**





**CAN YOU TELL IF A PINEAPPLE
IS RIPE BY PLUCKING ITS LEAF?**

Question

Can you tell if a pineapple is ripe by plucking its leaf?

Answer

Some believe the best way to tell if a pineapple is ripe is to tug gently on a leaf – if it comes out, it is ripe.



This is a **MYTH!** The best way to tell ripeness is by the overall look, feel, and smell of the pineapple.

HOW CAN A PINEAPPLE BE RIPENED?



Question

How can a pineapple be ripened?

Answer

If your pineapple is not ripe, stand it upside down on its leafy end on the counter for a few days until it smells fruity.

Standing the pineapple upside down prevents the juices from fermenting at the bottom.



Preparing pineapple

1 You can use a pineapple coring tool... ...or use a cutting board & knife!



Preparing pineapple

2 Remove the top and bottom of the pineapple



Preparing pineapple

- 3** Place the pineapple on its end, slide the knife down the sides of pineapple, cutting off the tough peel



Preparing pineapple

4 Cut pineapple into quarters, remove the woody core



Preparing pineapple

5

Cut the quarters into smaller pieces





**HOW CAN PINEAPPLES
BE STORED?**

Question

How can pineapples be stored?

Answer

Cut-up Pineapple

Refrigerator: Cover and refrigerate for up to 3-5 days

Freezer: Freeze for up to 10 months in freezer bags

Uncut Whole Pineapple

Store at room temperature until ripe

