



Thought Foodness



Featuring
Pineapple

WEST VIRGINIA HARVEST™



Did You Know?

Pineapple

Where I grow best:

Pineapples grow best in warm, sunny places like Hawaii, Costa Rica, and the Philippines. They grow on plants with spiky leaves and take about 1 to 2 years to be ready to eat. Each pineapple comes from a special flower that turns into the sweet, juicy fruit we love!

My Nutritional Superpowers include:

Pineapples are very nutritious! They are full of vitamin C, which helps keep us healthy and fights off colds. They also have fiber to support digestion and a special enzyme called bromelain that helps us break down food. Plus, pineapples are sweet and juicy, making them a healthy and tasty snack!

I taste great in meals like:

Pineapple Pizza, Pineapple Fried Rice, and Pineapple Popsicles!

You can find Pineapples at Grocery Stores and Walmart in West Virginia!




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Recipe Spotlight

Pineapple Popsicles

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Blend: Put the pineapple chunks, orange juice, and honey (if you want it sweeter) into a blender. Blend until smooth.
2. Pour: Pour the mixture into popsicle molds. If you don't have molds, use small paper cups.
3. Stick: Cover the molds or cups with foil and put a popsicle stick through the center.
4. Freeze: Place in the freezer for 4–6 hours or until solid.
5. Enjoy: Remove from the mold or peel off the paper cup and enjoy your cool, fruity treat!

What you will need:

- 2 cups of fresh or canned pineapple chunks
- 1 cup of orange juice
- 1 tablespoon of honey (optional)
- Popsicle sticks and molds (or small paper cups and foil)

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.



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