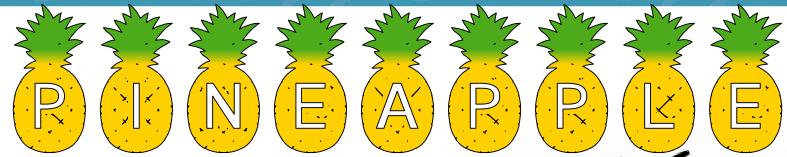
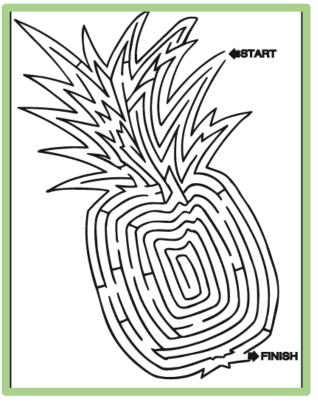
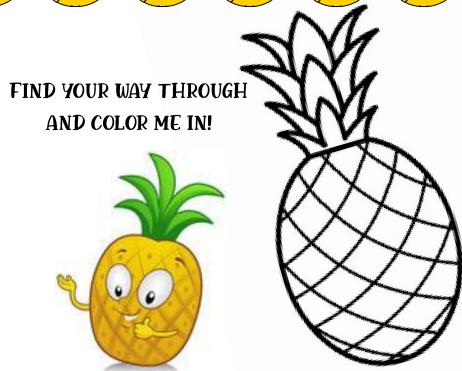


Fresh Fruit and Vegetable Program

Nutritional Education







WHEN EUROPEAN EXPLORERS FIRST ENCOUNTERED THE FRUIT IN THE AMERICAS, THEY CALLED THEM "PINEAPPLES" BECAUSE OF THE RESEMBLANCE TO PINE CONES. PINEAPPLES CONTAIN HIGH AMOUNTS OF VITAMIN B AND CONTAIN MANY OTHER NUTRITIOUS BENEFITS. THE AREA CLOSER TO THE BASE OF THE FRUIT HAS MORE SUGAR CONTENT AND THEREFORE A SWEETER TASTE. IT TAKES ALMOST 3 YEARS FOR PINEAPPLES TO REACH MATURATION!