



Pineapple! Who Knew?

I thought this information was fascinating ... perhaps you will too. I had no idea the pineapple we pick up at the grocery store had an amazing story.

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today.

It is a multiple fruit. One pineapple is actually made up of dozens of individual flower-ets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.

Pineapples stop ripening the minute they are picked.



No method of storing them will help ripen them further. Color is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste.

After you cut off the top, you can plant it. It will grow much like a sweet potato.

Pineapple is a remarkable fruit. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. It offers many benefits to our health.

Pineapple is valuable for easing indigestion, arthritis and sinusitis. The juice has an anthelmintic effect; it helps get rid of intestinal worms.

Let's look at how pineapple affects other conditions: Pineapple is high in manganese, a mineral that is critical to

development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age.

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein," which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently.

Bromelain is also considered an effective anti-inflammatory. Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief. In Germany, Bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your



diet. It is commonly used in Europe as a post-operative measure to cut mucous after sinus and throat operations. Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference.

Pineapple is also good for a healthier mouth. The fresh juice discourages plaque growth.

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Barbara Eads Realty, Inc.
 91770 Overseas Highway
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 Off: (305) 853-5982
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 Please help "fix" pet overpopulation by spaying and neutering your pets.
 Free spay and neuter clinics at Key Largo Animal Shelter, normally every 2 weeks.
 This program is privately funded by Humane Animal Care Coalition for Upper Keys residents.
 Please call the shelter for details and appointments.
 Open Monday to Friday 9am to 6pm and Saturday 9am to 5pm
 Mile marker 106 Oceanside • phone 305-451-0088

The Rock Harbor Cabinet Shop was located at MM 98. Today it is home to the Key Largo Moose Lodge, and when it was built circa 1924 it was the Rock Harbor Grammar School.

 Photo courtesy of FK History and Discovery Center

Adopt a Key Largo Animal Shelter Pet
 Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home, stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.

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