

Pineapple

Ananas comosus



When to plant: Spring, or periods of warm weather

When to harvest: around 34 months after planting, when fruit is ripe

Uses in medicine: Can lower inflammation, high in vitamin C, manganese, and antioxidants, contains enzymes that help with digestion

Uses in cooking: Used in many cuisines: examples include As a garnish, included in common desserts, juices, flavorings,