

POPOFPINEAPPLE



Pineapple 101

A LIFESTYLE GUIDE

WELCOME

YOUR GUIDE TO PINEAPPLE



I love pineapples. From the juicy fruit to cute plushies (I own 4 plushies) pineapples bring me joy and are my source of inspiration.

When I began Pop of Pineapple, I started with a passion. My love for pineapples and my expertise of curating content. The two fit together perfectly into a lifestyle website.

What is Pop of Pineapple you may ask? It's a lifestyle website dedicated to inspiring you to add a pineapple in your life.

Whether it's in a recipe or fashion accessory, I want to show you how easy and fun it can be.

I hope you enjoy and come along my "Pineapple Express." There's exciting content shared monthly and I can't wait for you to see what's to come.



In this guide, I'll be featuring the top things you need to know about pineapple such as the history or how to cut a pineapple. Whichever you slice it a pineapple one sweet fruit.

Hope you enjoy! *Kiana*

SWEET BEGINNINGS

BC-BACK IN THE DAY

The origin of the pineapple begins in South America. Around 1200-800 BC the fruit was cultivated in Peru and Mexico by the Aztecs & Mayans.

1500S- EUROPEAN TAKEOVER

Columbus who "sailed the ocean blue" introduced the pineapple as the "Pina de Indes" or "Pine of the Indians." The Portuguese also took the fruit to Brazil and introduced to India. Plus, the Spanish introduced the fruit to Philippines where it was used for textiles. What a trip around the world!

1600S - A PINEAPPLE DEBUT

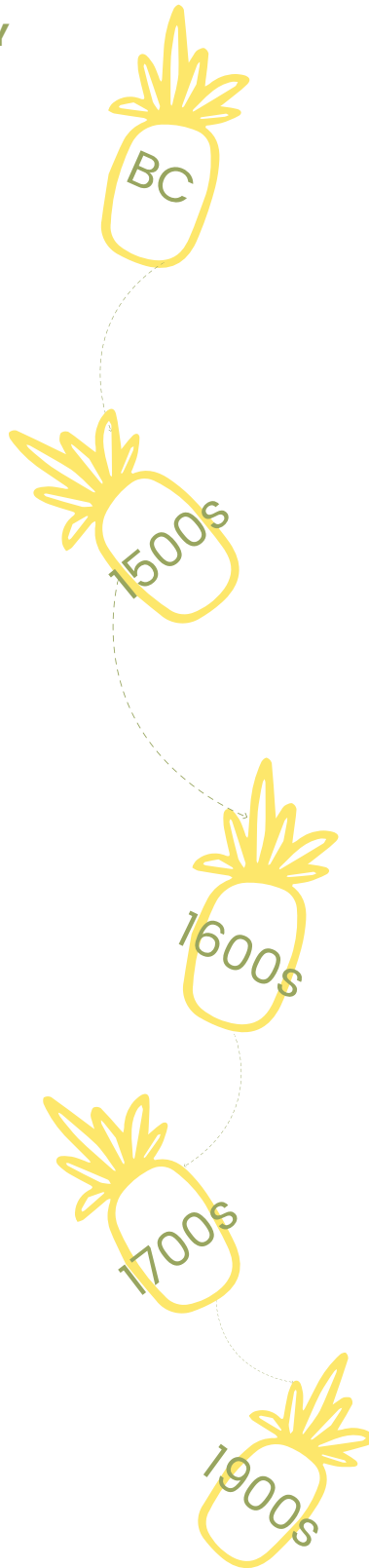
The pineapple soon rose in popularity that many tried to grow the fruit themselves. It was said that Catherine the Great ate pineapples grown on her estates. Huzzah!

1700S-A SYMBOL OF WEALTH

While the beloved fruit was an item to behold, the expense to grow and import was not cheap. The pineapple developed into a symbol of wealth that even aristocrats began fighting over it. Can you imagine?

1900S-MASS COMMERCIALIZATION

A well-known example of mass commercialization is Dole Pineapple. James Dole, an American investor, saw potential in the fruit and began the Dole Food Company in Oahu, Hawaii. This later grew into the iconic attraction Dole Plantation. If you haven't visited the plantation yet, I highly recommend it. It's where I've bought a pineapple plushie or two.



5 HEALTH BENEFITS OF PINEAPPLE



one

One cup of pineapple provides 78.9 milligrams (mg) of Vitamin C. Vitamin C is important because it's essential for a healthy immune system and aids the absorption of iron in the body. Move over oranges, pineapples are the new Vitamin C superstars!

Pineapples contain disease-fighting antioxidants that fight free radicals in the body. Free radicals are molecules lead to health issues such as heart disease. Loading up on antioxidant rich food can play a key role in minimizing your risk.



two

A key component in a pineapple is an enzyme called bromelain. Bromelain is a group of digestive enzymes that break down proteins. Proteins that are broken down can more easily absorbed across the small intestine. This makes for a happy gut!



three

Studies show that a pineapple helps minimize the progression of abnormal cells from cancer because of its antioxidants and bromelain. While there is no guarantee to prevent cancer, maintaining a healthy diet high can help reduce your risk!



four

Feeling a cold? A pineapple is packed with nutrients that boost your body's production of granulocytes. Granulocytes contain white blood cells that are the first line of defense for fighting against bugs. Having a healthy amount of granulocytes is key for fighting off infection. Cold be gone!



five

THE STORY OF PINEAPPLE UPSIDE DOWN CAKE



A classic staple in the world of desserts, the pineapple upside down cake holds its own.

Topped with pineapple slices coated in brown sugar and pineapple juice mixed in yellow cake mix, it's the perfect recipe for deliciousness.

Who invented the upside down cake and how did it rise to fame?

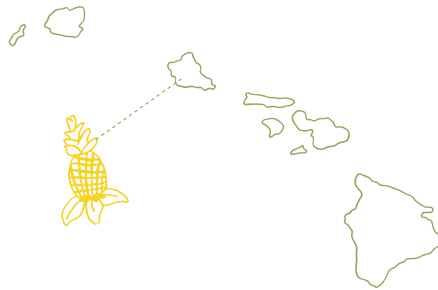
THE HISTORY

Centuries ago cakes were baked in cast iron skillets and fruit was added to the bottom of the pan with the cake batter on top.

Then the cake would be flipped over onto a plate to showcase the beautiful design and juices from the fruit dripping onto the cake.

JAMES DOLE

The idea of the pineapple came from James Dole, who founded the Hawaiian Pineapple Company known as Dole. He was one of the first inventors who canned pineapple successfully and the fruit made its way into homes shortly after.



However, that's just one theory as there are plenty on the internet. If you type in "Pineapple Upside Down Cake History" into the search bar, I'll let you decide which one holds true

RECIPE

EASY PINEAPPLE UPSIDE DOWN CAKE

Duncan Hines® Pineapple Supreme Cake Mix

BREAKING IT DOWN



STEP 1: Preheat the oven 350°F. Spray your 9x13-inch pan with baking spray. Pour melted butter in pan and sprinkle with brown sugar. Arrange pineapple slices and cherries on top of the brown sugar.

STEP 2: Beat cake mix, water, oil, and eggs in a large bowl with electric mixer on low speed until moistened, 30 seconds. Beat on medium speed for 2 minutes. Pour over pineapple and cherries in a pan.

STEP 3: Bake 30 to 35 minutes or until toothpick inserted in the center comes out clean.

*Depending on tray please refer to package for bake times.

STEP 4: Cool cake on wire rack for 5 minutes. Invert cake onto serving platter. Drizzle any remaining pan juices over cake. Serve warm or cool. Cut into squares and serve with Reddi-wip.

INGREDIENTS CHECKLIST

- PAM® Baking Spray
- 1/2 Cup Butter (1 Stick)
- 1 Cup Firmly Packed Brown Sugar
- 1 Can (20 oz) Pineapple Slices
- 10 Maraschino Cherries
- Signature Pineapple Supreme Cake Mix
- 1/3 Cup Vegetable Oil
- Reddi-Wip® Original Dairy Whipped Topping



KIANA'S SUBSTITUTES

- Loaf pan
- No baking spray used the butter and sugar mixture for greasing
- No maraschino cherries
- No whipped cream

TIPS & TRICKS

HOW TO CUT A PINEAPPLE



Separate the crown

Place the pineapple on a cutting board and remove the crown. Starting with this step makes it easier to hold and create a flat surface.

Remove the skin & 'eyes'

Place the pineapple bottom side up and position the knife at the top. Slowly cut downward from top to bottom.



Slice into two

Once most of the skin is removed then cut the pineapple down the center. This will create halves and reveal the core.

Cut out the core

The core is at the heart of the pineapple. To remove the core, place one of the halves standing up. Take the knife and make a triangular cut.



Chop your way

Place a pineapple half down on the flat side and cut into slices or cubes. The choice is up to you!

CELEBRATE

INTERNATIONAL PINEAPPLE DAY



One of the sweetest days of the year! On June 27 of every year, the pineapple is celebrated.

From social media campaigns to exciting giveaways, the celebrations are endless. It's only fitting with the meaning behind the fruit and the fun activities associated that the pineapple has a whole day to itself.

If you missed it this year, well there's always next year!

HOW THE DAY CAME TO BE

The pineapple represents a symbol of hospitality. Back the day, a pineapple was a rare coveted fruit that it grew into a status symbol. From the King to the people, the pineapple was held in high regards.

PRESENT DAY

Many hospitality brands join in on the fun. Preferred Hotels, whose logo is the pineapple, dedicates an entire week to celebrating the pineapple. Yes, you heard right! A week of pineapple sweepstakes and activities.



FUN FACTS

4 PINEAPPLE FACTS



- 1.** Pineapples were considered a luxurious fruit because of their rarity and cost.
- 2.** Hawaii was the world's largest pineapple producer. Now it includes Brazil, Costa Rica and the Philippines.
- 3.** Pineapples are freshest when not bruised or sour-smelling.
- 4.** A pineapples is a result of flowers whose fruitlets have joined together.

QUOTE

WORDS TO LIVE BY

“BE A
PINEAPPLE
STAND TALL
WEAR A CROWN
AND BE SWEET
ON THE INSIDE.”

-UNKNOWN

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THANK YOU!



HOPE YOU ARE INSPIRED TO
ADD A POP OF PINEAPPLE.

STAY CONNECTED

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