



Grow Your Own Pineapples in Pots

1. Buy a supermarket pineapple with healthy green leaves. Cut off the crown leaving several inches of fruit. Soak the crown in water for a day or two to absorb moisture.
2. Fill a 1-gallon plastic pot about three quarters full with lava rock. Add 2-3 inches of redwood compost. Set the crown on top. Place plant in a sunny location.
3. Water frequently. When leaves start to grow, begin fertilizing with a citrus-type fertilizer 3-4 times /year. Can also use a liquid fertilizer once a month.
4. Transplant pineapple to a 5-gallon pot when it outgrows its original container, then to a 15 gallon size. Can take 8 to 24 months to produce a pineapple.

Cleaning and Cutting Pineapple

1. Rinse pineapple to remove any bacteria from soil.
2. Grasp leaves with one hand and the base of the pineapple with the other. Twist in opposite directions to remove crown.
3. Cut off top and base of pineapple to make flat for standing. While standing pineapple on bottom end, begin cutting the peel downward, one strip at a time, until all is removed.
4. Now cut pineapple into whatever shape or size pieces you like. Enjoy.

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <div></div>	2 <div>Buy plain yogurt and add your own fruits for a customized treat!</div>	3	4 <div>Yogurt is an important food in many different world cuisines like Turkey, Greece, India, and countries in the Middle East, Eastern Europe and Asia.</div>	5 <div>♥ Physical activity builds strong muscles and bones.</div>	6
7 <div>Visit the Dole Plantation with your family, just past Wahiawa on Kamehameha Hwy.</div>	8 <div>Pineapple can be added to many dishes like sandwiches, pizza, or desserts</div>	9	10 <div></div>	11 <div>It takes two years for a pineapple plant to produce, and each plant produces at most two pineapples in its life</div>	12	13
14	15 <div>♥ Running, Biking, Walking keeps your heart strong!</div>	16	17 <div>Your urine will smell if you eat too much asparagus.</div>	18	19 <div></div>	20 <div>Asparagus was first grown in Greece around 2500 years ago.</div>
21 <div>Quinoa is an ancient staple food of the Incas, originated in the Andes Mountains in South America.</div>	22 <div>Pronounced "keen-wa"</div>	23 <div></div>	24	25 <div>Take a 30 minute family walk after dinner!</div>	26	27
28 <div>Rainy Day? Throw a blanket on the living room floor and have a picnic inside!</div>	29	30	1 <div>Want more information? Go to: www.fns.usda.gov/TN/kids-pyramid.html www.dole5aday.com</div>	2	3	4