



# Grow your own Pineapple!



Yes, this will take quite a bit of effort but what could be better than eating a delicious pineapple that you've grown yourself!

## Here's how:

**Preparation:** Keep the crown from your Fyffes Gold Pineapple and place it upside down on a plate to dry out (this may take up to a week!).

**Cultivation:** Fill a small pot with a mixture of earth and 30% of other natural botanicals – compost, old fruit peelings etc. Press the crown down firmly into the soil (make sure you keep the leaves above the soil). Add a little plant fertilizer to some water and gently dampen the soil around the crown.

**Care:** Pineapples are tropical plants and need a lot of sunlight and heat, so place your pot in a sunny spot and water it once each week. Add a little more fertilizer every 2 months.

Then, be patient! It will be about 18 months before the flower appears (from which the fruit will later develop). If this doesn't happen, try this – put a plastic bag over the plant and then push an apple into the bag as well. Move the pot to a shady place and after 4 days remove the bag and return the pot to the sunlight. This is a good way of creating more humidity; tropical conditions – and will help the pineapple to grow.

**Harvesting:** It's not easy to tell when your pineapple is ready to eat but try these little tests:

- does the pineapple stalk smell particularly pungent?
- are the pineapple "scales" turning brown? (even though there may still be lots of green colouring to the skin)

When you have decided it is ready to eat, cut off the crown, cut the fruit into slices and cut out the core, peel each slice and... enjoy!