• Pineapple (*Ananas comosus*) is the common name for a tropical plant and its edible fruits, which is actually a multiple fruit consisting of coalesced berries. It was given the name *pineapple* due to its resemblance to a pine cone. The pineapple is by far the most economically important plant in the Bromeliaceae. Besides being produced for consumption, it can be grown as an ornamental or houseplant, obtained from the crown of a supermarket fruit. Some sources say that the plant will flower after about 24 months and produce a fruit during the following six months, while others indicate a 20-month timetable.
The sticky and sweet tropical fruit is a favourite with children of all ages. Perfect as an integral part of sweet and sour sauce, don’t go past the wonderful pineapple. It is a tropical fruit. It contains proteolytic enzymes bromelain which helps in the digestion of proteins. Pineapple can prevent blood clot formation because of its bromelain content.