



Newsletter of the

Hawai'i Bromeliad Society

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THE HEALTHFUL PINEAPPLE

We are all familiar with *Ananas comosus*—the pineapple—the only member of the bromeliad family that is commonly eaten and commercially grown as a food crop.

The pineapple is actually a multiple fruit. One pineapple consists of dozens of individual flowerets that have grown together. Each scale is the remains of a separate flower, and the more scales, the sweeter and juicier the pineapple should taste.

Less well known are the many health benefits pineapples provide. We may eat it because of its lush, sweet taste but it may also be one of the more healthful foods available. It has a long history in folk medicine of being used for easing indigestion, arthritis, and sinusitis, and the juice has been used for its anthelmintic properties (to help get rid of intestinal worms and parasites!), and as a remedy for morning sickness.

The key to pineapple's healthy impact is bromelain, a mixture of proteolytic enzymes—which means that it helps us break down and digest proteins more efficiently. In fact, bromelain extracted from pineapples is a common ingredient in meat tenderizers. Bromelain has also been prescribed, especially in Europe, as an anti-inflammatory, to help reduce swelling, and even to relieve painful joints. Bromelain can help reduce mucous, which together with a high vitamin C content, also makes pineapple fruit and juice good choices for those suffering from colds.

Bromelain has been prescribed in Europe for sinusitis and to help patients recover after sinus and throat operations, especially because pineapples present a low risk for allergic reactions. Bromelain has also been found to discourage blood clots, making pineapple a good choice for those long plane rides. Fresh pineapple juice is even said to discourage plaque buildup!

A cup of fresh pineapple provides about 75 percent of the recommended daily amount of manganese, a mineral that is critical to the development of strong bones and connective tissue, which is especially important to those of us concerned with osteoporosis.

We know pineapple is one of the easiest of bromeliads to cultivate in home gardens; we now also know a little more about why it's good for us as well, and in future issues, we'll explore the history of *Ananas comosus* and its economic and cultural impact in Hawai'i.



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JANUARY MEETING

This Saturday,
January 25,
we meet at
Lyon Arboretum
at **Noon.**

REPORT OF THE MEETING OF OCTOBER 26, 2013

Lyon Arboretum

ATTENDING: Marcy Doseo, Marie Ferdun, Raleigh Ferdun, Helen Friend, Marie Grininger, Terese Leber, Ed Nishiyama, Karen Rohter, Stan Schab, Lynette Wageman, Randy Wong, and Val Wong.

CONVENED: 12:20; ADJOURNED: 2:15.

YEAR-END PARTY: The year-end HBS party is set for Saturday, December 7, from 10 to 2 at Ho'omaluhia Botanical Gardens—in our usual pavilion at the end of the road.

Many thanks to all who attended the event, for their contributions of delicious food, beautiful plants, and good company. In particular, thanks to David Fell, Sharon Petersen, Ed Nishiyama, and Tessie Labra for a wonderful assortment of gift plants, like the rock-mounted Tillandsia cyanea (right).

EAST-WEST CENTER CRAFTS FAIR: Terese is collecting plants for the HBS sales table at the East-West Center Crafts Fair to be held on December 5 and 6. Please let her know if you have any plants to donate, and she will arrange for a pick up or drop off.

Many thanks to all who came to the crafts fair, and to all who donated plants to sell. Thanks especially to Lynette for her display of handmade wreaths and for helping staff the table, and to Karen, Marie, and Susan for their plants. The sale raised about \$300 for the Society.



BROMELIADS IN PARADISE: Here's an update on conference activity.

TOURS: Lynette reported that current plans include tours of downtown Honolulu on Tuesday and Thursday afternoons, a Wednesday evening lū'au, and garden and home tours on Thursday morning and Friday afternoon. The exact itineraries are being worked out. All conference registrants can take these tours for free. In addition, registrants can pay to go on an all-day tour on Saturday to Dole Plantation and the Polynesian Cultural Center, and an all-day tour on Sunday to Hawai'i Volcanoes National Park and Hawai'i island nurseries. Volunteers will be needed to go along on each tour.

POSTER SESSIONS: Lynette reported that the Poster Sessions will feature a roundtable discussion among Hawai'i bromeliad growers Sharon Petersen, David Shiigi, David Fell, Lisa Vinzant, and Peter De Mello.

SALES AND SHOWS: Lynette noted that Hawai'i vendors do not need to be BSI members or to register for the conference, but they do need to sign up as vendors. Sellers may also offer plants besides bromeliads, such as orchids or succulents. Non-member vendors will pay 30 percent of their proceeds to BSI; members will only pay 25 percent.

REGISTRATION AND HOSPITALITY: Terese reported that the Registration Committee will need volunteers to make sure the registration table is fully staffed for about three and a half days. The volunteers will need to collect fees, check in registrants, and provide conference bags, tickets, and name tags; they will also need to process name tags for volunteers and vendors.

PUBLICITY: Stan will prepare a corrected version of the conference publicity trifold mailer.

Many thanks to Raleigh and his daughter for producing three hundred copies of the publicity brochure, which can be used in direct mailings, advertising, and fund-raising.