

Banana

Available:
Year round

How does it grow:

Bananas grow on a giant plant that looks like a tree but it is actually not a tree. The plant flowers and as each leaf of the bud opens it reveals a double row of flowers. These flowers become individual bananas. Each row has 15 or more fingers (bananas) and that makes up a “hand” Each stem develops 7-10 hands of bananas. They are picked when they are green and shipped all over the world.

What to look for when buying:

Pick bright yellow bananas without bruises. Some people prefer their bananas greener than others and some darker so it is a matter of preference. Darker and brown bananas make the best banana bread.

Storage Tips:

If ripe you can store bananas in the fridge or leave on the counter if they need to ripen.

How to Cook:

Eat as is. Can also be grilled and baked. You can freeze bananas if they are overripe. Freeze whole and use for breads or muffins when baking.

Recipe: Banana Bread

- 1 ½ Cup sugar
- ¾ Cup shortening
- 4 eggs
- 4 mashed bananas
- ½ teaspoon Soda
- 3 ½ Cup flour
- 1 teaspoon Salt
- 1 teaspoon Vanilla
- 1 Cup walnuts (optional)

Mash bananas and add soda. In separate bowl cream sugar, shortening, add eggs 1 at a time, add salt, and vanilla. Then flour. Stir in banana mixture and fold in nuts. Pour into 2 greased loaf pans. Bake in the oven at 350 degrees for 45-50 min.

