

BANANA



COMMUNITYALLIANCE.EXTENSION.COLOSTATE.EDU

GROWING

Bananas grow on plants that reach 25 ft tall and when growing they look like long green fingers that turn into clumps of fruit. The can be many colors including yellow, red, green-white stripped and range from small to very large with a variety of shapes. The bananas we eat, are grown in tropical areas, are picked when green and ripen to yellow.



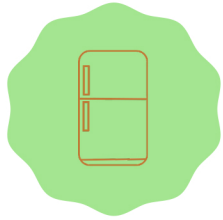
SELECTING

Select bananas that have rounded edges, are firm and are at the level of your ripeness you like. Bananas will continue to ripen once you buy them, so buying them slightly green is fine.



STORING

Bananas should be stored between 59-68 degrees. The warmer the temperature, the quicker they will ripen. Store away from moisture and pests.



BODY

Bananas are free of fat, sodium and cholesterol. They are a good source of vitamins and minerals including Vitamin C and potassium. Vitamin C helps with our bones, teeth, and muscles. Potassium helps our muscles work and helps to digest our food. Bananas are a type of fruit and a healthy diet should contain at least 2-3 cups of fruit per day.



KITCHEN

Bananas can be eaten many different ways. They can be eaten raw, baked, grilled, smashed, and fried. TIP: Try using bananas instead of sugar when baking!



BANANA

DID YOU KNOW?

BANANA PANCAKES

Makes: 4 Servings, Total Time: 60 minutes

- 1 medium ripe banana
- 2 large eggs
- 1/8 teaspoon baking powder (optional)

Directions

1. Using a fork, mash the banana until smooth
2. If you want fluffy pancakes, add the baking powder to banana.
3. In a different bowl, whisk eggs together.
4. Add eggs to banana mixture and mix well.
5. Heat a pan over medium heat. Coat pan with small amount of oil to prevent sticking.
7. Pour batter onto pan and cook for ~1 minute and then flip when golden brown.

Tip: Try adding additional flavors such as almond, cocoa or chopped nuts.



TRI-RIVER AREA
COLORADO STATE UNIVERSITY
EXTENSION