

# Banana



**BANANA** is a canoe crop brought to Hawaii by Polynesian settlers and can be grown year round.  
**SCIENTIFIC NAME:** *Musa acuminata*, *Musa balbisiana*, *Musa paradisiaca* (plantains).  
**DAYS TO HARVEST:** 15 - 18 months from planting.  
**PLANT SPACING:** 10 -12ft with about 3-5 pseudo stems per mat.  
**ORIGIN:** Bananas originated in Southeast Asia and the South Pacific, and were likely first domesticated in New Guinea.

**OTHER NAMES:** Mai‘a (Hawaii), fa‘ī (Samoa), uuch (Chuuk), usr (Kosrae), binana (Marshall Islands), tuu (Palau), uht (Pohnpei), p'aw; wiishe (Yap)

## IRRIGATION AND HARVEST

- Water with 50-100 gallons/plant per week.
- Bananas can be harvested once fruits near the top of the bunch turn a lighter green or yellow and edges of the fruit are more round than sharp. Fruits can ripen on the bunch, but may be damaged by birds or rats.
- One way to harvest is using a machete to cut a "V" notch halfway up the bunch side of the trunk, leaning the plant closer to the ground. A field knife can be used to cut banana hands from the hanging bunch.
- Only one bunch will grow per trunk, so harvested plants should be removed.



## MAJOR PESTS AND DISEASES

Banana aphids, thrips, banana skipper, banana root borer, banana bunchy top virus, panama wilt, black streak, mealybug, white flies, nematodes.



## BANANA

### Nutrition Facts

Serving Size 5 oz. (140g)			
Amount Per Serving			
Calories	120	Calories from Fat	5
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	32g		11%
Dietary Fiber	4g		16%
Sugars	17g		
Protein	2g		
Vitamin A 2% • Vitamin C 20%			
Calcium 0% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Photos from Scot Nelson, Jensen Uyeda



## COOPERATIVE EXTENSION

UNIVERSITY OF HAWAII AT MĀNOA  
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES