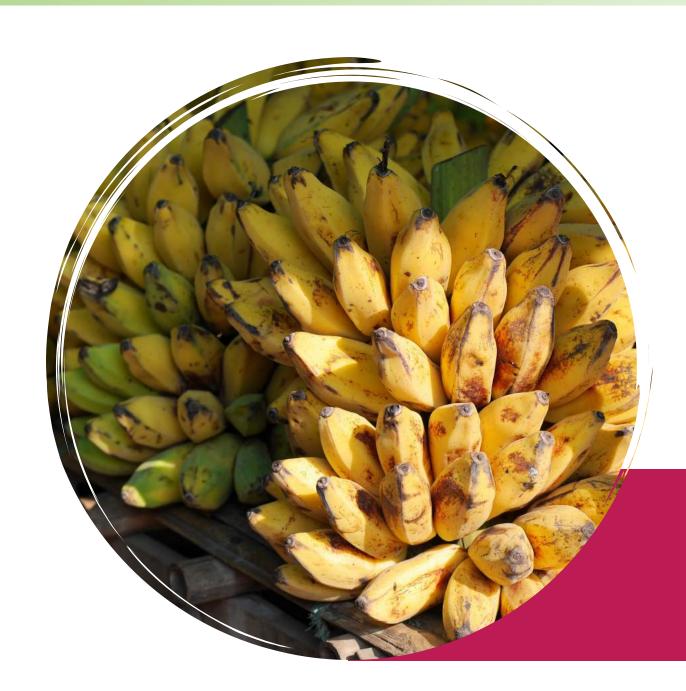
Banana





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.





STORAGE, SELECTION & PREPARATION

- Spray bananas with potable water to remove any debris. Allow to dry before being stored in a cool, dry place to ripen. Warmer temperatures will speed up ripening. Cooler temperatures will slow down ripening. Temperatures below 58°F may lead to poor ripening.
- Bananas should be washed and peeled before eating. Be careful not to get the sap on clothes when peeling as it stains.
- Ripe bananas are an excellent snack, or can be sliced, mashed, or pureed for use in fruit salads or desserts.
- Green bananas match well when cooked with coconut cream or other root crops, like taro and cassava.
- Banana flowers can be used in salads, soups, or cooked dishes. Remove the tough outer layers of the flower bud, slice thinly into sections, wash in salty water to remove the sap and rinse in fresh water.

COOPERATIVE EXTENSION University of Hawai'i at Mānoa College of Tropical Agriculture and Human Resources

BANANA

Serving Size 5 o	z. (140g)	
Amount Per Serving		=
Calories 120	Calories fr	rom Fat 5
2	%	Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0m	g	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: 2,500 2,000 Total Fat 80g 65g Less than Saturated Fat 25g Less than 20g Cholesterol Less than 300mg 300mg 2,400mg Sodium Less than 2,400mg 375g Total Carbohydrate Dietary Fiber 30g Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4