

Banana Tree

Musa acuminata



When to Plant: Year-round in a warm climate

When to Harvest: 4-6 weeks after banana “fingers” stop growing

Uses in Medicine: Produce short chain fatty acids in the large intestine which promotes gut microbiome health; moderate blood sugar rise after a meal; contains potassium and vitamins B6 and C; acts as antioxidant; patients with type II diabetes should avoid too man

Uses in Cooking: Can be eaten alone as a fruit! Can also be sauteed, boiled, grilled, pan-friend, and baked as a bread.

Fun Facts: Bananas will actually float when placed in water!

