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 much

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

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