

## FOOD PREPARATION STEPS

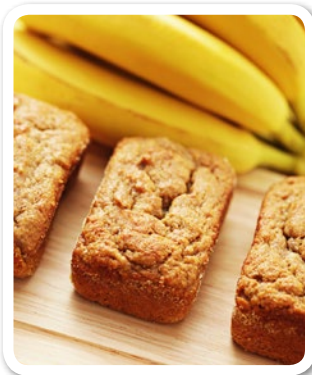


1. Rinse bananas under cool running water.



2. Cut bananas into 2-3 inch pieces, leaving skin on, or serve bananas whole.

Bananas are a good source of potassium, which helps keep bones strong and aids in nervous system regulation, keeping us alert and focused. The prebiotic fiber in bananas helps to keep our immune system strong by stimulating "good" bacteria in the gut. The fiber in bananas aids in weight control by making us feel fuller, longer.



Overripe bananas can be frozen and saved for later use as a nutritious addition to smoothies and muffins. Making banana chips in a solar dryer is a fun and relatively easy food preparation activity for kids. Bananas make a great addition to schoolyard orchards and edible landscapes.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Bananas are available year-round in Hawai'i, with a peak season from June through October.
- If bananas will be eaten right away, choose bananas that are bright yellow with flecks of brown. If they will be eaten in a few days, select bananas with green tips and store at room temperature.
- If bananas are ripening too quickly, they may be refrigerated, but the peels will darken significantly.
- If bananas will be sliced with peels on, it is important that they be washed. Banana size varies; ask farmer for suggestion on how many pieces per banana and how many bananas per pound.

*\*Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at [www.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest). Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.