

LET'S GO

**BANANAS!!**



August 2024



## It's National Banana Lover's Day!

August 27th is a delightful tribute to everyone's favorite elongated, yellow fruit. It's a perfect opportunity to explore bananas' nutritional benefits and fascinating history. With over 1000 varieties, there's no shortage of ways to enjoy bananas, making National Banana Lovers Day a delightful occasion for banana aficionados everywhere!

The humble banana has long been considered the first cultivated fruit in the world. Many food historians and scientists believe that bananas were first cultivated approximately 2000+ years ago. They were originally found in Southeast Asia and were brought west by Arab traders during the 4th century B.C They were then carried throughout Asia Minor to Africa and subsequently to the New World. Several varieties of bananas have since spread across the world. Bananas didn't become widespread in the US until the end of the nineteenth century. They were so popular in American cities in the early twentieth century that banana peels on the ground became a nuisance and an issue that had to be dealt with. In fact, in 1910, the City of St. Louis had an ordinance specifically prohibiting people from throwing banana peels on the ground. This led to the gag of slipping on peels, which was frequently featured in early movies.

### COOL FACTS ABOUT **BANANAS:**

- Bananas don't grow on trees.. They actually grow on plants that have 10-20 foot high trunks. The banana plant is an herb-the world's largest and is closely related to vanilla & ginger.
- \*The fruit of the banana plant is botanically a berry. The seeds are located inside the flesh rather than on the outside.
- \*An individual banana is called a finger. A bunch of bananas is called a hand.
- The bananas we eat are sterile. Domesticated banana plants produce fruit without fertilization.
- Bananas are one of the few foods to contain the 6 major vitamin groups.
- If you peel a banana from the bottom up you won't get the string things, called phloem (FLOM)
- \*Bananas float in water (as do apples and watermelons)

So, on August 27th, peel back a banana and join in the celebration of this amazing fruit that continues to bring joy and nutrition to millions around the globe!