



- ◆ The banana “tree” is not really a tree, but a giant herb. The banana is the fruit of this herb. It is believed that bananas were the first fruit cultivated by humans.
- ◆ Worldwide, the banana is the fourth largest fruit crop
- ◆ The average American consumes 28 pounds of bananas per year.
- ◆ India is the #1 banana producer in the world
- ◆ Bananas are a good source of vitamin C, potassium and fiber
- ◆ Bananas are not grown commercially in the continental United States. They are grown in Latin and South America from countries like Costa Rica, Ecuador, Colombia, Honduras, Panama and Guatemala.
- ◆ The cluster of bananas sold in supermarkets is a "hand" of bananas, while the individual bananas on the hand are called fingers.

## BANANAS