

Banana



Bananas are a very rich source of potassium. It also contains fiber and is a good source of Vitamin C, and B6.



Banana seeds are black and can be found in the tips of the bananas.



The banana is locally grown, and can be found in many locations throughout Hawaii.

The trees grow the bananas in large bunches that can weigh up to 66-100 lb. Each cluster of bananas are called hands that have about 10-20 bananas on them. Bananas are harvested all year round

