

HARVEST OF THE MONTH:

Bananas







**Bananas grow on
a plant, not a tree.
The banana plant is
actually the largest
herb in the world.**



**Trees have bark.
The banana plant
does not have bark.**



HOW DO BANANAS GROW?



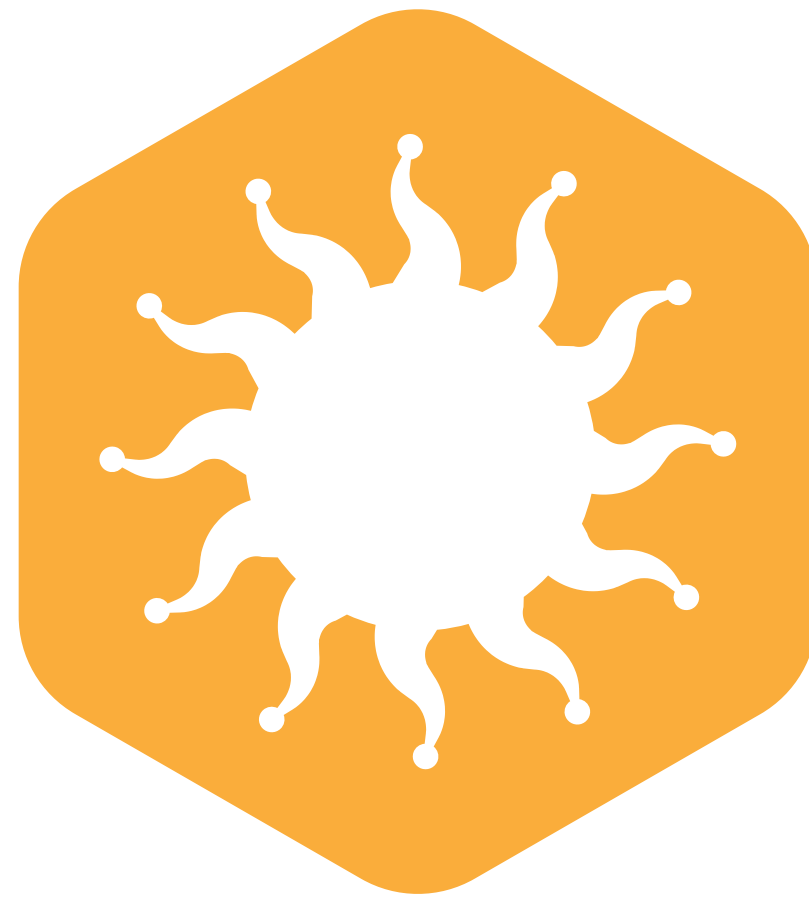
**After pollination, the
banana flowers swell
and become the
bananas we eat.**



HOW DO BANANAS GROW?

WHAT SEASON DO WE PICK BANANAS?

Bananas can be bought at the grocery store all year because many Central American countries grow them as a crop.



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT BANANAS?

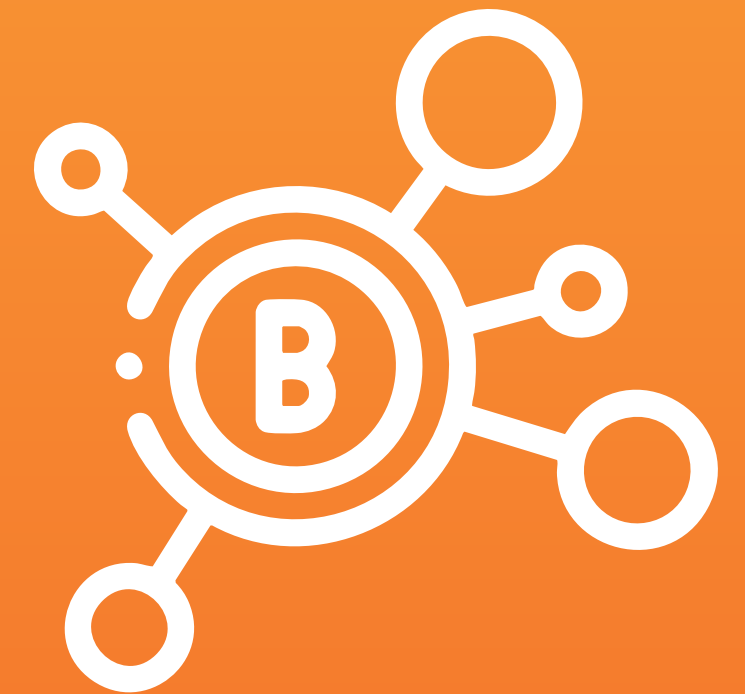
**Healthy immune system
(prevents colds)**



**Healthy digestion,
cleans out your system**



**B Vitamins
(Healthy brain)**



Healthy eyes



Healthy muscles



HOW DO YOU PICK A GOOD BANANA?

- Bananas are harvested green, otherwise the fruit would not be sweet.
- In the store bananas should be picked with 75% yellow and the ends should be green.
- The fruit should be plump and there should not be blemishes on them.

FUN FACT: The average North American eats 29 pounds of bananas a year.





LET'S TRY SOME
Bananas!

