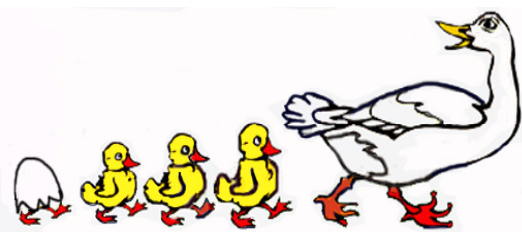


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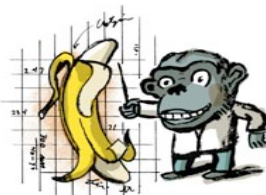


The Sandy Land Press

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Banana Education

Oh the humble banana. Cheap, easy to find, and fairly ones have their fill of this



Children love them, they are an great first food. clean. There are better reasons for letting our little wonderful fruit.

Good for you: Bananas are minerals. One large banana (9 inches) has 123 I.U. of vitamin A, a full range of B vitamins, .07 mg of Thiamine, .15 mg of Riboflavin, .82 mg Niacin, .88 mg vitamin B6, and 29 mcg of Folic Acid. There are even 13.8 mg of vitamin C. On the mineral scale Calcium counts in at 9.2 mg, Magnesium 44.1 mg, with trace amounts of iron and zinc. They pack 602 mg of potassium and 2 grams of protein and 4 grams of fiber. Bananas are a dieters dream with only 36 grams of carbs, 140 calories, a mere 2mgs of sodium and zero fat!



Purchasing: Yellow bananas are available year round. Other varieties may also be available in large supermarkets, but ethnic markets are the place to shop for the exotics. Hispanic, Philippine, and Thai markets offer more diversity. There you can find red bananas, burro bananas, plantains, and occasionally Lady Fingers. Select bananas that are slightly green, firm, and without bruises. If the bananas have a gray tint and a dull appearance, these have been refrigerated, preventing them from ripening properly. Most Americans avoid purchasing plantains mainly because they do not know how to select them and what to do with them. Plantains can be purchased in any state of ripeness, from very green and firm to completely black and soft, but it is important to note that the very green ones will test your patience. Banana chips are available in most supermarkets. Because they are sometimes deep-fried in unhealthy oils, they are very high in calories.

Peeling: Now how to peel that pesky banana... I know many like me have grabbed the stem, struggled to pop it open, bent mangled and fought resorting often to just biting the skin to break it, ewww yummy banana peel mouth!

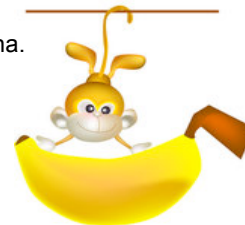
Take a lesson from our friends the monkey. This is how to peel a banana.

First do not grab the stem... The stem is not your friend.

Flip the banana around so that the bottom, non-stem side, is within pinching distance



Pinch this part of the banana as shown. Give it a firm pinch, but don't squash it.



Then, pinch the same end of the banana in the other direction. If your have done this correctly you have pinched the banana all around the dark spot on the end.

Peel the banana from the same end you pinched. Pull the skin from the sides of the dark spot you pinched around.

Then eat and, while you joyfully chew, gloat over your newfound knowledge of how to peel a banana.

That banana look too big for your little guy or gal? Here is a great trick I learned. Push your finger into the end of the banana and it will split all the way down into three long easy strips perfect for the under 3 crowd.

Enjoy!

