



Thought
Foodness

TM

Featuring
Baby Bananas

WEST VIRGINIA HARVEST™



Did You Know?

Baby Bananas

Where I grow best:

Baby bananas grow best in warm, sunny places with moist, well-drained soil. They need at least eight hours of sunlight daily and prefer temperatures between 75°F and 95°F. They do not like frost and grow well in tropical areas like Central America, Hawaii, and southern Florida. In about 9 to 12 months, they produce small, sweet bananas that are ready to eat when bright yellow.

My Nutritional Superpowers include:

Baby bananas have amazing superpowers that help keep the body strong and full of energy. They are packed with vitamin B6, which helps the brain and boosts energy, and vitamin C, which fights germs and keeps the immune system strong. They have fiber to help with digestion and potassium to keep the heart and muscles healthy. Since they are naturally sweet and full of healthy carbohydrates, they give the body a quick energy boost.

I taste great in meals like:

Baby Banana Smoothie, Baby Banana Parfait, and Baby Banana and Oatmeal Bowl!

Baby Bananas are available in West Virginia at Grocery Stores like Kroger during certain seasons.




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Recipe Spotlight

Baby Banana Oatmeal

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Cook oatmeal as usual.
2. Add sliced baby bananas on top.
3. Sprinkle with honey or cinnamon and enjoy a healthy, delicious breakfast!

What you will need:

- 1 baby banana, sliced
- 1 bowl of oatmeal
- 1 teaspoon honey or cinnamon (optional)

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.





Harvest a
healthier
you!



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