March  

Bananas

**Nutrition Info**

One medium banana has 110 calories.

Bananas provide potassium, fiber and vitamin C.

**Fun Facts**

Clusters of bananas grow pointing upwards, not downwards!

The banana plant grows 10 to 26 feet tall and belongs to the same family as the lily and the orchid.

Americans first tasted the banana in 1876.

**Uses**

Try a banana sandwich. Spread peanut butter on whole wheat bread and top with banana slices.

Bananas are a great addition to breakfast foods such as cereal, oatmeal and yogurt.

Frozen bananas are great for smoothies! Try a “green smoothie” with spinach, banana, vanilla soy milk and ice.

**Family Friendly Activities**

Go Bananas!!! Take time to have some fun and play backyard games such as horseshoes, catch, tag, capture the flag and hide & seek.

Schedule family meal time. If weeknights are too busy, try a family brunch this weekend.

Make a family fruit salad; have each family member select 2 fruits to add to the salad! When making the salad, have then entire family help with preparation.

**Pick:**

• Choose bananas that are firm, but not too hard, bright in appearance, and free from bruises.

**Store:**

• Store bananas at room temperature, or to ripen the bananas faster, place in a brown paper bag.
• Ripe bananas that will not be consumed for a few days can be placed in the refrigerator. While their peel may darken, the flesh will not be affected.

**Prepare:**

• Peel banana before eating.
• Freeze peeled bananas in a sealed plastic bag. Frozen bananas are great for smoothies.
**Banana Ice Cream**

Serves 4 (3/4 cup per serving)

**Ingredients:**
- 3 bananas, peeled, cut into chunks and frozen
- ½ cup milk
- 1 Tbsp. vanilla
- ¼ cup chocolate syrup
- 2 Tbsp. chopped peanuts (optional)*

**Directions:**
In a blender or food processor, puree bananas, milk & vanilla until whipped to a creamy consistency, about 2 minutes. Top with chocolate syrup and peanuts.

Serve immediately or freeze for 4-6 hours before serving. (If frozen overnight, let ice cream thaw for 15-30 minutes before serving).

*not included in nutritional analysis

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLacrosse.org!

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**Color Bananas!**

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Serves 4 (3/4 cup (142g))</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>5</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>1%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>30mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
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<tr>
<td>Sugars</td>
<td>22g</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

Vitamin A 2% • Vitamin C 15%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Calories per gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>30g</td>
<td>25g</td>
<td>Fat 9  Carbohydrate 4  Protein 4</td>
</tr>
</tbody>
</table>

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The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community.