

Harvest of the Month



March



Bananas



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.

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.

Harvest of the Month

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!

Nutrition Facts

Serving Size 3/4 cup (142g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 35g **12%**

Dietary Fiber 3g **12%**

Sugars 22g

Protein 2g

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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Color
Bananas!

