



Banana



The Importance Of Bananas

Bananas are a great food for all round health benefits, for the average person, dieter or even athletes bananas may provide greater benefits than most fruits. The combination of carbohydrates and B vitamins present in a banana helps provide an energy boost which makes them great to eat 30 minutes before a workout, or even at breakfast to help boost energy at the start of every day.

They're also handy to carry thanks to their thick skin and easy to eat without getting it all over your shirt. They're also a pretty silent snack.

Bananas will boost you into a fantastic performance, so make it part of your pre-concert routine.

Banana has been a favourite fruit in India from time immemorial. The remains of a wild banana species, *Musa balbisiana* (locally known as 'ati kehel'), have been found at prehistoric cave sites.

Present-day banana cultivars rarely produce seeds because they have little or no pollen and exhibit female sterility, making them very difficult to breed.

Banana is one of the most important major fruit crops grown in India. In respect of area and production, it ranks second only to mango in this country. The banana culture in India is as old as Indian civilization.



Origin And Distribution

* The edible banana is believed to have originated in the hot, tropical regions of South-East Asia. India is believed to be one of the centres of origin of banana.

* Its cultivation is distributed throughout the warmer countries and is confined to regions between 30°N and 30°S of the equator.

* Banana is also grown, in many other countries of the world namely Bangladesh, the Caribbean Islands, the Canary Islands, Florida, Egypt, Israel, Ghana, Congo, South Africa, Fiji, Hawaii, Taiwan, Indonesia, the Philippines, South China, Queensland and Sri Lanka.

* The highest acreage of bananas is in Africa, where bananas reach their maximum importance as starchy food. They are the staple food of the Buganda in Uganda, the Wahaya in Bukoba and the Wachagga in Tanzania.

Uses Of Banana

Bananas are put into varied uses in India, especially in South India. Almost every part of the plant is used somehow or other.

In South India, though hundreds of banana varieties are existing, only eight to ten have attained the status of commercial importance.

The fruits are used for dessert purposes as well as culinary purposes. The varieties like Poovan, Rasthali, Robustra, Dwarf Cavendish are grown for table purpose.

The plantains and Monthan group yield fruits which are high in starch content and hence they are used as staple food in some of the African countries.

In India, Nendran is grown mainly for table purposes and for making 'Chips'. The Monthan fruits, both immature and mature ones, are used for culinary purposes as it mixes well with other vegetables in delicious 'curry' preparations of South Indian house holds.

In South India, no festive decoration are said to be complete unless the entrance gates are decorated with full grown banana plants with attractive bunches.

In all auspicious occasions in the life of a South Indian, banana has got important place either as a table fruit or as an offering to God in temples.

The banana male buds are harvested soon after the female phase is over and are sold as a vegetable in the markets.



Contact Us

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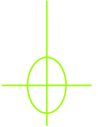
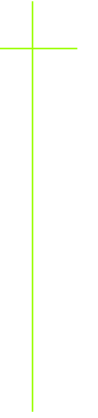
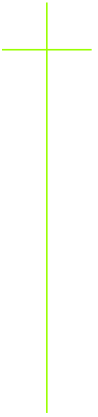
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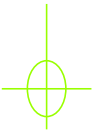
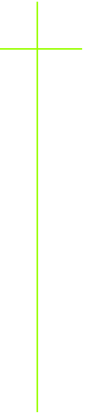
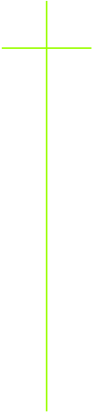


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