Bananas

Today on Gardening in a Minute: bananas.

Bananas are a popular and nutritious fruit, and they can be grown in many areas of Florida.

Bananas are available in a number of varieties that vary greatly in plant size, fruit color, and taste.

Plant bananas in fertile, moist soil, where they’ll enjoy warm temperatures and plenty of sun. Bananas are very sensitive to drought and cold.

Be sure to keep your plants well watered, and fertilize on a regular basis. With proper care, you should have mature fruit within a year or two.

Harvest your bananas and use them in smoothies, breads, or desserts. They’re a good source of Vitamin C, B12, and potassium.

And remember that bananas aren’t just edible, they’re also ornamental. They can bring a great tropical touch to any landscape!

For more information about bananas, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.