

Bananas

- Color and ripeness
 - Green bananas will be harder to chew and less sweet.
 - Bright yellow bananas are at peak ripeness
 - If the banana has some brown spots, it is still good to eat. This is also when bananas are at their sweetest.
 - Once bananas are very soft and mostly brown, it is over-ripe. This type of banana is perfect for banana bread!
- Store bananas at room temperature
- Wrap the stems of the bananas to slow down the ripening process.



This institution is an equal opportunity provider.

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