

EDIBLE GARDEN



BANANA

Bananas (*Musa acuminata*) were first domesticated in Southeast Asia and have become a staple foodstuff across the globe today. The plant is the largest herb in the world that springs from an underground stem to form a 6-metre false trunk.

Bananas are valued worldwide for its flavour and nutritional value. Rich in potassium, vitamins and other minerals, they are commonly used as a replacement in many baking recipes - bananas contain natural sweetness, reducing the need for additional or artificial sugar.