

Product: 08044 Description: BANANA GREEN-TIP/4-SHAD PRE-MIU Packaging: 40# CS 009400000

## Description

The banana fruit grow in hanging clusters, with up to 20 fruit to a tier (called a hand), and 3-20 tiers to a bunch. The total of the hanging clusters is known as a bunch, or commercially as a "banana stem", and can weigh from 30.50 kg. The fruit averages 125 g, of which approximately 75% is water and 25% dry matter content. Each individual fruit (known as a banana or 'finger') has a protective outer layer (a peel or skin) with a fleshy edible inner portion. Both skin and inner part can be eaten raw or cooked. Western cultures generally eat the inside raw and throw away the skin while some Asian cultures generally eat both the skin and inside cooked. Typically, the fruit has numerous strings (called 'phloem bundles') which run between the skin and inner part. Bananas are a valuable source of vitamin B6, vitamin C, and potassium.

Yellow bananas are ripe and ready to eat, while green ones will ripen at room temperature in just a few days. Refrigerating ripe bananas will keep them from getting softy and mushy, though the peels will darken.

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