

# Get to know *mai'a!*



## About the crop

Mai'a, or banana, is not native to Hawai'i, but was first introduced by Polynesian seafarers between 200 and 1350 AD - so it has been here a long time! Most varieties currently grown in the islands were introduced after 1850, including the large Cavendish and Brazilian groups as well as the smaller Dwarf Brazilian, often referred to as "Apple Bananas". Native to tropical Southeast Asia and Australia, bananas were likely first domesticated in Papua New Guinea. There are over 1,000 varieties on earth today including green, yellow, red, purple, brown or even striped ones - like the Hawaiian a'e a'e! Sweet mai'a can be eaten raw as a snack or dessert while starchy ones can be used for cooking and eaten as a staple.

## Did you know?

Ripe 'ulu can be used as a substitute for or in combination with mai'a in baked goods! The two crops also grow well together in diversified agroforestry systems — with mai'a in the understory and 'ulu providing shade and mulch. In traditional Polynesian food forests these two nutritious crops can often be found happily growing side by side, like the best of friends!



## Nutrition

Bananas contain several essential nutrients and provide benefits for digestion, heart health and weight loss. Each banana has only about 100 calories and almost no fat! They are also rich in pectin, a type of fiber that gives the flesh its spongy texture and which may help moderate blood sugar levels, reducing appetite by slowing the emptying of your stomach.

## Fun facts

- The banana plant is actually the world's largest perennial herb.
- The banana fruit is classified as a berry.
- The inside of a banana peel can help relieve itching and inflammation.
- The word banana is likely of West African origin, possibly from the Wolof word *banaana!*

## Nutrition Facts

Serving Size 1 medium 7" to 7-7/8" long	
118g (118 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 105	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 3g	12%
Sugars 14g	
<b>Protein</b> 1g	
Vitamin A	2% • Vitamin C
Calcium	1% • Iron
	17% 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Product description, storage and usage tips

Ripe mai'a provided to HIDEOE for use in a fruited breakfast bread are grown on Hawai'i Island by the farmers of Hawai'i 'Ulu Cooperative. The fruit has been peeled and frozen whole for your convenience and extended shelf life. Store in a freezer at 0° F until ready to use. To defrost, transfer bananas to refrigerator 12-24 hours before using or place under running water for an hour or until fully thawed.



## Questions? Need help?

Contact the Hawai'i 'Ulu Cooperative at [info@eatbreadfruit.com](mailto:info@eatbreadfruit.com) or 808-238-8869.

Find recipes and learn more about the Co-op at [eatbreadfruit.com](http://eatbreadfruit.com).