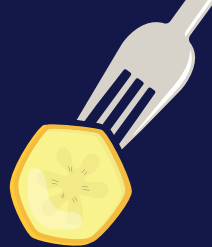


HOW TO USE BANANAS AND

BANANA PEELS



12%

of a banana's weight is the peel.

That's 780 MILLION POUNDS of peels sent to the landfill each year!



STORING BANANAS:

Bananas should be left to ripen at room temperature, unbagged.

To slow the ripening of bananas, separate each banana from the bunch and wrap stems with plastic wrap OR store in the refrigerator.



Most bananas grow within 30 degrees of the equator.



Harvested while green bananas travel long distances in refrigerated vehicles.



Bananas spend time in "ripening rooms" where they are exposed to ethylene gas.



Bananas are shipped to grocery stores.



Households end up throwing out 25% of bananas purchased.



DON'T THROW OUT OVERRIPE BANANAS!

Overripe bananas are a perfect ingredient in breads, smoothies, muffins, and more. You can make ice cream by blending frozen bananas until creamy for a soft serve treat! Just toss overripe bananas in a zip-top bag and store in the freezer until you are ready to use.

USE 'EM. DON'T LOSE 'EM.

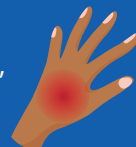
FERTILIZE PLANTS.

Wrap banana peels around your tomato plants so they can absorb nutrients from the peel. Soak banana peels in water and use them to water your plants. Add banana peels to your backyard compost bins; banana peels break down quickly and add lots of nutrients.



RELIEVE RASHES AND ITCHES.

Rub the peel over bug bites, poison ivy, rashes or psoriasis patches to reduce itchiness and promote healing.



TENDERIZE MEAT.

Add a washed banana peel to your roasting pan to keep meat from toughening up.



RIPEN AVOCADOS.

Place the banana peel and avocado in a paper bag on the counter for 24 hours.



ATTRACT BUTTERFLIES AND BIRDS.

Put peels from overripe bananas on a raised platform in the garden and watch them flock to the sweetness. Beware that bees and wasps may be attracted as well.



POLISH LEATHER.

Rub the white side of the banana peel on leather shoes, jackets, or furniture, and then buff with a soft cloth.

