



Banana Handling Tips



Bananas are fragile! But you know that already as they sometimes get bruised when you carry them around or during the journey whilst getting them home. Here's some advice on how to look after them:

In the store

- Handle the bananas by the crown [the top of the bunch] to avoid marking or bruising them
- Don't be put off by a few light marks on the skin – the banana skin is nature's protective shield
- Try not to put anything on top of the bananas in your basket or trolley
- Don't leave the bananas in the car in very hot or very cold weather

At home

- Lift the bananas by the crown and be gentle with them if placing them on a hard surface
- Remove them from any packaging (unless they are "ripen-at-home" bananas).
- Keep the bananas separated from other fresh produce (bananas produce a lot of ethylene, which can speed-up the ripening of other fruits)
- For the best results, hang the bananas on a banana hanging tree – this allows the air to circulate around them and also keeps them from contact with hard surfaces
- Keep the bananas at a cool room temperature (14 to 16 degrees C is ideal), away from direct sunlight, heating and draughts

As the bananas ripen, the starches within them are naturally converted into sugars – the yellower the banana, the sweeter the fruit. As the banana continues to ripen it goes naturally brown, although this isn't bruising. The brown speckles on the skin are just the marks made by the sugars as they seep outwards through the skin.

In the end it's about personal preference. Some people like their bananas yellow, firm and creamy, and some love them soft and sweet with the brown speckles appearing... it's this versatility which is one of the reasons we love bananas. This also means you can do lots of different things with bananas – check out our recipe ideas for some inspiration.