

BANANA FLOWERS

NEGLECTED DELICACY

Banana flowers are edible and delicious but rarely seen in recipes. When banana growers cut the flower, no new banana will appear on the tree. All the energy is directed to the existing bananas and the bunches are getting bigger.



Banana flower on the market

The banana flower is regularly eaten in South East Asia. In West Papua, you can buy a few banana flowers at any vegetable market. Sometimes it is pre-cut in a portion for 4 people, to cook as a vegetable. It is used as a vegetable, even though it is the flower of the banana tree.

Nutritional power of banana flour

Banana flowers are not eaten in all countries. In South America, this delicacy is simply left on the side of the road, or considered as animal feed. This purple-blueish leafy vegetable is however, is not only healthy for animals. Isn't it a bit strange to give the most delicious and healthy vegetables to animals?

Brazilian research into banana flower

Brazilian researchers conclude in a study on banana flowers as food, that bananas flower have good nutritional value. It delivers high nutritional power when the banana flower is dried to flour. Further reports show that banana flour can easily be mixed with existing flour. This means it can be used for baking bread and pancakes. Consuming pancakes with banana flour means people will use many extra vitamins and minerals.



Banana flower, good for the bones

The Brazilians see that there is a lot of potassium in the banana flower. It also contains a lot of calcium and phosphorus. Also, it contains a lot of magnesium. Potassium, calcium phosphorus, and magnesium, from this list alone you could conclude that the banana flower is good for building the bone structure. Many research studies show that deficiencies of calcium, magnesium and phosphorus are related to medical bone structure problems.

The banana flower at the Papuans

Although the banana flower is a daily food on markets in Indonesia, few scientific studies have been made to this food. Banana flowers are sold as a whole, or in small bags when they have been pre-cut. It is a perfect stirfry vegetable. Also, it is a good soup vegetable.

Why do people throw away banana flowers?

In South East Asia banana flowers are being eaten regularly. But in Africa and South America, the flowers are not being eaten yet. While bananas have found their way to every supermarket in the world, its delicious flowers are not exported. There are huge quantities of bananas grown, and therefore, literally mountains of bananas flowers are being discarded. That is food waste. Does that fit in our time?

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