



## VARIETIES

The Canarian banana belongs to the Cavendish group, Small Nain variety. Local cultivars are:



### SUBVARIETIES

- Gruesa palmera
- Brier
- Palmerita
- Criolla o del País
- Grand Nain

These cultivars exhibit characteristics of the Small Nain variety: yellow skin with green areas and brown spots when ripe. When ripe, the flesh is compact but not hard, with a sweet, intense and aromatic flavour.



## ORIGIN

There are several theories about the origin of bananas in the Canary Islands:

One theory holds that the arrival of bananas in the Canary Islands was thanks to the Arabs bringing the plant to Spain. Later, when Spanish ships were on their way to the Americas, ships that docked in the Canary Islands left plant material, and the islanders planted and cultivated it.



Another theory posits that the banana arrived in the Canary Islands from Equatorial Guinea, introduced by Portuguese voyagers.



It is known for certain that at the beginning of the 15th century the first banana trees were introduced to the Canary Islands from Southeast Asia. By 1526 the plant was already adapted to and cultivated on the islands, as sailors took green bananas on their ships to use as food on their voyages to the Americas.

### Taking root

Soon after arriving, banana trees quickly spread across the islands and were highly valued by Canary islanders. English travellers also became aware of them, and they would acquire bananas on their return stopovers to the United Kingdom. This led the English to promote banana cultivation in the 1880s and export the fruit to the British Isles. The importance of trade between England and the Canary Islands was so great that on the banks of the Thames there was an area called Canary Wharf that owed its name to the busy sea route between the Canary Islands and Great Britain that transported this precious fruit.

### Present

Since the beginning of the 20th century, banana cultivation in the Canary Islands has increased to the current 9,000 hectares. Bananas from the Canary Islands are very popular and today they regularly reach the tables of millions of homes.



AVERAGE ANNUAL PRODUCTION

**375** millions of kilograms

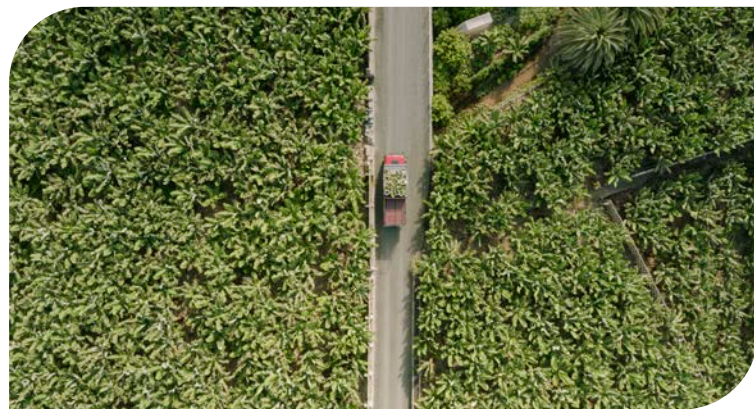
Currently, Canarian bananas are produced on six of the Canary Islands.

Tenerife is the main producing island.



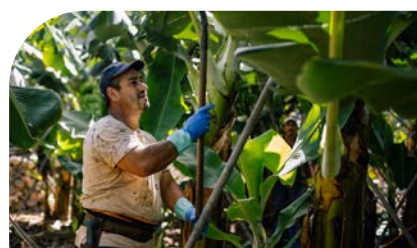
## CULTIVATION

**Farms** On the farms, the work is very traditional, although there has been significant improvement in technical advising and management and irrigation systems. The banana provides employment to more than 35,000 people on the Islands. This figure includes direct and indirect jobs at all phases of their production, packaging and distribution. Currently, 375,000 tonnes are harvested annually.



**The banana tree** The banana tree is a large herbaceous plant, which produces a single bunch. Once the bunch is collected, the mother plant disappears. Although, the plant ensures continuity with the next generation by sprouting new stems around it. These are called 'shoots' or 'children'. When the bunch has reached its adult size, it is usually wrapped with plastic to accelerate the ripening process, which makes sure consumers can find a ready-to-eat product.

**Economic production** The average annual number of full-time jobs in banana cultivation and packaging over the past four years is 7,500. This figure represents 1% of the total employment recorded in the Canary Islands, with the cost of labour per hectare in cultivation and packaging being around 16,500 euros/ha. The wage bill generated by banana cultivation exceeds 150 million euros per year.

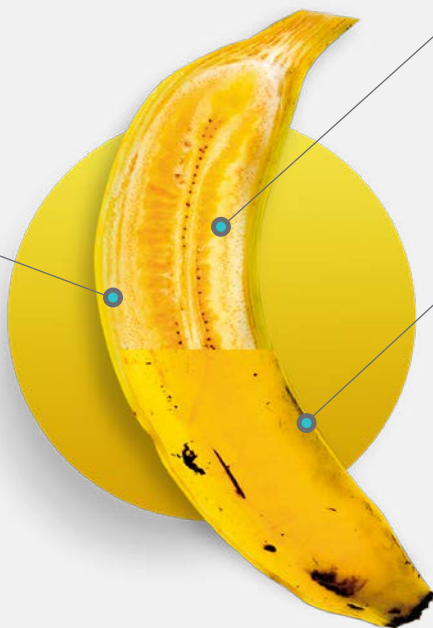


## FEATURES AND PROPERTIES



### COMPOSITION

The Canarian banana has a very characteristic taste due to its high level of sugars and low starch, which increases its sweetness. In addition, this banana has a higher potassium and phosphorus content, and a lower amount of sodium and calcium compared to other varieties of bananas.



### SIZE

As for sizes, minimum values of fruit length and thickness have been set. Each banana must be at least 14 cm long and 2.7 cm thick.



### PROTECTED GEOGRAPHICAL INDICATION

The Canarian banana is synonymous with the highest quality and a well-deserved reputation for excellence, the result of a combination of historical, natural and human factors. This quality seal supports the Canarian banana, highlighting that it stands apart from the rest, and allowing consumers to be certain about the characteristics of the product and where it came from.

One of the main ways that bananas contribute to human nutrition is their richness in carbohydrates; the fruit is also high in sugar at its optimum point of ripeness. Bananas are a quick source of energy. However, despite common belief, bananas do not make you fat because the fruit contains almost no fat.

In fact, bananas are a great supplement for athletes, as they are a quick way to deliver nutrients to the body after periods of high performance.

Likewise, the banana's fibre content helps fight constipation and regulate intestinal transit. In addition, bananas are high in potassium, which helps keep the nervous system functioning properly and regulates blood pressure. We can also list among their benefits the antioxidants found in vitamins C and E, which make the banana a heart-healthy food. The combination of antioxidants and fibre helps prevent various types of cancer.

### Nutritional values

Calories: 94 kcal

Protein: 1,2 gr

Fat: 0,3 gr

Carbohydrates: 20 gr

Fiber: 3,4 gr

Iron: 0,6 gr

Magnesium: 38 mg

Potassium: 350 mg

Phosphorus: 28 mg

## BENEFITS

Bananas help with gut health and regulating the absorption of various nutrients.



Vitamin B6 helps keep the nervous system and immune system functioning normally, while also supporting psychological function.

**B<sup>6</sup>**

Being rich in phosphorus, it helps concentration.



Bananas prevent muscle cramps and maintain proper muscle function. They also provide energy for playing sports and fighting fatigue due to its vitamin B6 content.



Bananas contain an essential amino acid called tryptophan, whose function is to generate serotonin, helping improve mood and fight depression.

## OUR BANANA

One of our most internationally recognised products, the Canarian banana is characterised by a medium size, and its yellow and green skin, but, above all, it is recognisable by its brown spots when ripe and its unique sweet flavour.

Our banana fits well with weight loss diets due to its satiating effect and nutrient content. It is excellent for athletes thanks to its potassium content, which maintains muscle function and is a source of energy. The banana's vitamin B6 dose fights fatigue, and helps our nervous system, immune system and psychological function. In addition, it contains phosphorus that strengthens our ability to concentrate, manganese, and tryptophan. Bananas can positively influence our mood as they help our body produce serotonin, the so-called happiness hormone.

Grown according to traditional methods, our popular banana is the bounty produced by the meeting of continents, and the special qualities that come from our volcanic soil and Atlantic climate.