



THE
VERDA
PROJECT

BANANA

Care & Maintenance Handbook



Bananas are one of the most widely consumed fruits in the world and are valued for being filling, easy to grow, and highly nutritious. Banana plants grow best in warm climates between about 18°C and 32 °C with sufficient water. The fruit is rich in carbohydrates for energy, potassium, vitamin B6, vitamin C, and magnesium, and dietary fiber. Bananas support digestion, muscle function, and sustained energy, making them especially important for daily diets and food security.

Fruiting Season-

No strict fruiting season. Most produce fruit 9-12 mnths after planting, and harvesting depends on growing conditions.

Sunlight Requirements-

Banana plants require full sun, ideally 6-8 hours of sunlight each day.

Watering Frequency-

Requires frequent and consistent watering. Soil should remain moist but not waterlogged. This is because bananas have shallow roots, they are sensitive to drought.

Planting Advice-

Banana plants should be placed about 2-3 meters apart. This spacing allows for leaf growth, improves air circulation, and reduces risk of disease.



Fertilizing Advice-

Bananas are heavy feeders and need regular nutrients to grow well. Fertilizers high in nitrogen and potassium are especially important. Organic matter such as compost or well-rotted manure is highly recommended, applied around the base and watered in every few months. Organic fertilizers such as composts and manure are also highly recommended.

Pesticide Advice-

Bananas may be affected by pests or fungal diseases. If needed, a general, locally approved pesticide can be used carefully. Keeping the area clean and removing diseased leaves helps prevent problems.

Pruning Basics-

Remove old or damaged leaves regularly. After fruiting, cut down the main stem and allow new suckers to grow.

Uses/Tips-

Mulching is highly recommended as it helps retain moisture and improve soil fertility. They can be eaten fresh, cooked, or fried, making them very versatile.

