

An apple a day keeps the doctor away. In winter, the antioxidant vitamin C in oranges and citrus fruits boosts the immune system. Of the 1,200 varieties of bananas, the most widely consumed banana is the Dwarf Cavendish (Cavendish for short), named for William Cavendish, 6th Duke of Devonshire, who cultivated an early specimen in his hothouses.⁸

Nutritional composite before Christ

History and cultivation Bananas originated in Malaysia as early as 2000 BC, but the first banana plantations were established in China around 200 AD. In the early 1500s, the Portuguese and Spanish introduced bananas to the (Caribbean and Americas.) The United Fruit Company, formed in 1899, was responsible for the (commercialization of Latin American bananas and controlled most of the trade in tropical fruit into the mid-twentieth century. With the aid of refrigerated transport, bananas have conquered the world.¹⁵

According to the Food and Agriculture Organization of the United Nations, India is the world's top producer of bananas, with a total output of 21.7 metric tons in 2007. China is second, with 8 metric tons. However, of the 130 countries that grow bananas, Mexico, Costa Rica, Brazil, Colombia, Ecuador, and the Philippines are the major commercial producers. Grapes are high in nutrients; vitamins B1, B2, B6, C, and K; and essential minerals.