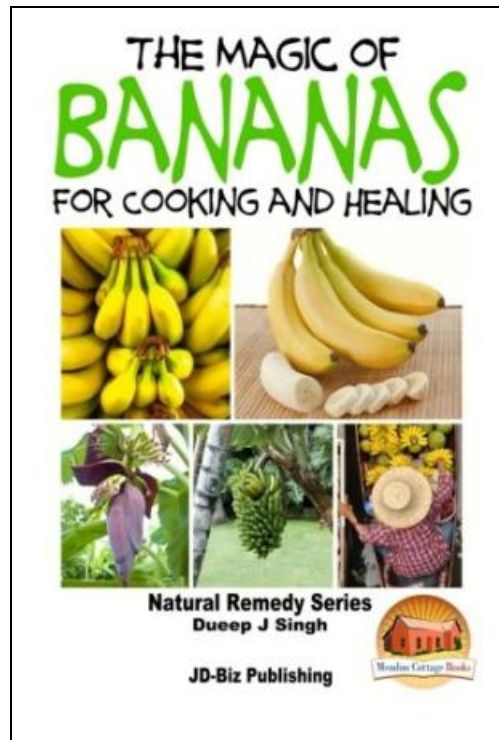


## The Magic of Bananas for Cooking and Healing



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*(Dr. Blair Mann)*

## THE MAGIC OF BANANAS FOR COOKING AND HEALING



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Magic of Bananas For Cooking and Healing Table of Contents For Cooking and Healing Introduction Knowing More about the Banana Growing Bananas Best Temperature for Bananas Preparing the Ground for Bananas Banana Growing Tips Planting Bananas Why Not Seeds? Fertilizer Banana Diseases Ripening on the Tree Harvesting Bananas Storing of Bananas One Banana or Two Yogurt and Bananas Dry Cough Want to Gain Weight? Ulcers in your mouth? Nosebleed The Difference between Bananas and Plantains Talking about Banana Republics Bananas as a Healthy Complete Food Banana Leaves Using Banana Leaves for Cooking Grilling Tip Using Banana Leaves for Wrapping Food and Steaming Banana Fiber Banana and Coconut Rings with Palm Sugar Coconut Milk and Coconut Cream Plantain and Lamb Curry Banana Bread Conclusion Introduction If you were a part of the flapper scene in the roaring 20s and 30s you would be Charleston-ing to Yes, yes, we have no bananas. Going bananas was popular slang for someone who thought he or she was losing his marbles over someone or something. A Bright Young Thing of that Era would tell her Sheik that she considered him to be the bee s knees, and the cat s pajamas and she was going bananas over him, but . if he was found escorting any other Sheba around to trip the light fantastic, she would have his blood for breakfast. So what is there in this not so humble plant, which makes it such an integral part of popular culture, as well as slang? Well, firstly, bananas are delicious treats to have throughout the day. Also, they are rich in potassium and other minerals, which keep you fit and fine and...



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