

### SALE

#### The Equal Exchange Banana Zine 2.0!

It's yellow...er, it's riper, it's even more packed with essential vitamins and nutrients. Kidding, that one's boring.

IT'S BACK.

For a second year, we've called upon the most creative among us to build a Zine that showcases bananas and the people behind them from farm to fork (or spoon, cocktail glass, pie dish, direct to mouth ... the options are endless).

#### What is a Zine?

If you're new to the Zine niche, welcome! The Equal Exchange Banana Zine is a collection of works by people across the Equal Exchange Banana Supply Chain. The contributors are farmers, distributors, grocery stores, and consumers – a.k.a the artists, visionaries, and food citizens all around us.

The Zine's goal is to make you think twice about that familiar yellow fruit and how it became so ubiquitous in your lives. It'll make you ponder, laugh, cry, rage, question, and maybe even try your hand at baking. It'll hopefully leave you with a greater understanding of an industry that's equally ripe with issues and opportunities, and a renewed appreciation for the many different people that bring us this tasty fruit day in and day out. At the very least, we hope it'll feed your soul with its aesthetically-pleasing banana-inspired images and prose.

So read on and eat on: we're so glad you're here.

-The Equal Exchange Produce Team



SALE

# The Secret Banana

I don't remember eating my first banana.

It was probably pureed in a little glass jar of baby food, decades ago. I don't remember most of the bananas I've eaten. I know that I ate some in too much of a hurry, and got that weird "you ate a banana too fast" cramp. I know that some were too ripe, and a few weren't ripe enough. I know that some were in ice cream, or cake, or yogurt, or the almighty Banana Bread.

What I do remember is learning that bananas, not apples, are somehow the quintessential American fruit. I remember learning how nutritious they are. I remember hearing the Chiquita Banana lady singing that bananas come from equator, so you shouldn't put banana in refrigerator. I remember discovering just how tasty the almighty Banana Bread really is, even when it comes from a can.

And I remember learning that all the Cavendish bananas are essentially clones, and that one day they will fall to some pest as the Gros Michel did before them, and then another banana will invisibly replace them. Interchangeable, disposable bananas. I wonder what difference it will make to the almighty Banana Bread.

I like to imagine that a banana's ultimate goal in life is to be enjoyed, yes, but also appreciated. To be remembered



even after it's gone. And I like to imagine that we're the kind of people who can give them their wish. After all, if you can't appreciate a banana, how can you appreciate the world?

Tell your next banana hello, and that you think it's looking very handsome today. Try it! And then take a moment, just a moment, to appreciate everything that had to happen for that handsome little banana to get into your hands. Because someday it won't be Cavendishes in the store anymore. And someday we won't be in the store anymore either. But with luck and fair weather there will still be bananas, and the beauty of the world that gives rise to them. And there will still be the almighty Banana Bread.

## Guineo Banana

In Puerto Rico we call it "Guineo" pronounced like Gui-tar, but neo!

Guineo, banana or cambur. This last name is used only in Venezuela. The rest of the world, apart from some countries in Central America and the Hispanic islands of the Caribbean, says banana. It was all because of the African influence in America during the Romantic Period of the Conquest. With one of the largest leaves in the plant kingdom, banana means "finger" in Arabic as everyone thought they came from East Africa. So on that same African note it is called 'quineo' because the Hispanic creoles of the Caribbean thought that the fruit came from Guinea in the west of Africa. The reality is that this fruit is native to Southeast Asia. Papua New Guinea was named after a Spaniard in the 16th century thought the

natives looked like Africans, that is, Hispanics and Guineos are part of the history of that country. Super practical, this fruit is dearly loved by people of all ages because it is healthy, portable and sweet. High in potassium, the banana is medicine for the heart and its blood pressure. as well as providing energy to those who enjoy being active. Whether alone, in smoothies, fruit salad, ice cream, bread, cakes or with rice and beans, the quineo is not only a classic Caribbean fruit but a star among athletes. Harry Belafonte really knew their worth as the sweat of the workers carrying the bunches is also worth their weight in gold. Day Day-o, day-ay-ay-o Daylight come and we wanna go home. Fair trade, amen.



#### by Taber Dean

# MY BANANA YARN

I got some bananas the other day

They were green and unyielding in every way

I waited for days

And assessed the ways

I might encourage this fruit to kindly obey

At the end of the week I considered my state:

These botanical berries were making me wait

Oh, what could I do?

Could it really be true?

I could cook them with garlic and pair them with steak?

What confused me was that they weren't a plantain

They were green and hard but still bananas by name

I figured, why not?

Let's give it a shot

And peeled the torpedo-shaped fruit all the same

They went into the pot with some salt and some water

Nothing else to distract or cause unwanted clutter

Just a boil to cook

Said an online hook

"I'm getting real hungry", I started to mutter And then they were done in an hour or less I took a look in the pot and considered the mess

The water was pink!

Pretty soft pink!

Did I do something wrong I wondered with stress?

But the smell was quite pleasant, earthy not sweet

So I pulled out the chunks and got ready to eat

I gave them a smash

Mixed with avocado mash

They transformed to a savory, culinary treat

My story's near over but how 'bout that yarn?

This isn't a tall tale told for just fun and for charm

It's really quite true

I'm not lying to you

When I saw that pink water I thought, "I'll be darned"

So I tossed in my coaster, newly crocheted

and bright white

Stirred it 'round and around, it was quite a sight

And tickle my toes

It turned pretty rose

Those green 'nanners were both tasty and artsy, that's right!





#### BOOZY PB BANANA CHERRY SHAKE

#### Serves 4

2 ripe Equal Exchange Fairtrade Bananas

12 ounces of Skrewball Peanut Butter Whiskey

cup vanilla ice cream

 $\frac{1}{2}$  Cherry preserves or to taste

Put all ingredients in a mixer and blend on high.

Add more cherry preserves if you like it a little sweeter.

Enjoy!

by Susan Simitz, Earl's Organics



#### CADA DIA LA MADRE TIERRA NOS ENVIA UN MENSAJE

EL PLANETA SUFRE LOS INCENDIOS, CALOR TERRESTRE, ATAQUE DE INSECTOS, PANDEMIA MUNDIAL DESEQUILIBRIO CRÍMENES QUE PERTURBAN LA BIODIVERSIDAD.

CADA 4 MESES ENFERMANDS Y EL 75% PROVIENE DE LOS ANIMALES LAS ESTRECHAS RELACIONES ENTRE LA SALUD HUMANA, ANIMAL Y AMBIENTAL.

ARBOLES QUE TIENE UNA ALTURA DE APROXIMADAMENTE 12 METROS DE ALTURA, EL CUAL PRODUCE POCO MÁS DE 100 KG DE OXÍGENO AL AÑO. UN SER HUMANO RESPIRA UNAS 9.5 TONELADAS DE AIRE EN EL MISMO TIEMPO. POR TANTO, UNA PERSONA NECESITARÍA DE SIETE A OCHO ÁRBOLES SICOMOROS PARA SACIARSE DE AIRE PURO.

LOS TRABAJOS CON LOS DIVERSOS CULTIVOS EN FINCA AGROFORESTALES NOS LLEVA A MANTENER ECOSISTEMAS ARMÓNICOS CON LA BIODIVERSA Y LA ESTRECHA RELACIÓN DE LOS MISMOS, BAJANDO LOS GRADOS DE CONTAMINACIÓN AMBIENTAL REGENERANDO LOS SUELOS CONTAMINADOS CON SUSTANCIAS GUÍMICAS.

IMPULSANDO FRUTOS MÁS SANOS Y CONCIENCIA CON LOS PRODUCTORES DE MANEJAR LAS FINCAS DE UNA FORMA ORDENADA Y CON LA AYUDA TÉCNICA SABER QUE NOS PIDE LA PLANTA Y QUE REQUIEREN LOS ÁRBOLES Y LA FAUNA. NUESTRO BANANO TAMBIÉN NECESITA DE UNA SOMBRA LO CUAL COMPRENDE QUE ES DE UN 25% PARA MANTENER DOBLES ECOSISTEMAS Y AUMENTAR LA VIDA SILVESTRE.

## EVERY DAY MOTHER EARTH SENDS US A MESSAGE

THE PLANET SUFFERS FIRES, TERRESTRIAL HEAT, INSECT ATTACKS, A GLUBAL PANDEMIC, IMBALANCE - CRIMES THAT DISTURB BIDDIVERSITY.

EVERY 4 MONTHS WE GET SICK, AND 75% COMES FROM ANIMALS: THE NARROW RELATIONSHIPS BETWEEN HUMAN, ANIMAL, AND ENVIRONMENTAL HEALTH.

TREES THAT HAVE A HEIGHT OF ABOUT 12 METERS PRODUCE A BIT MORE THAN 100 KG OF DXYGEN PER YEAR. ONE HUMAN BEING BREATHES SOME 9.5 TONS OF AIR IN THE SAME PERIOD OF TIME. THEREFORE, A PERSON WOULD NEED SEVEN OR EIGHT SYLAMORES TO GET ENOUGH PURE AIR.

PROJECTS WITH DIVERSE CROPS IN AGROFORESTRY
FARMS ALLOW US TO MAINTAIN ECOSYSTEMS IN HARMONY
WITH BIDDIVERSITY AND THE CLOSE RELATIONSHIP
BETWEEN THE SAME, REDUCING RATES OF ENVIRONMENTAL
CONTAMINATION, REGENERATING SOILS CONTAMINATED WITH
CHEMICAL SUBSTANCES.

PROMOTING HEALTHIER FRUITS AND PRODUCER
AWARENESS TO MANAGE FARMS IN AN ORGANIZED WAY
AND WITH TECHNICAL HELP, UNDERSTAND WHAT THE PLANT
REQUESTS FROM US AND WHAT THE TREES AND FAUNA NEED.
OUR BANANA ALSO NEEDS 25% SHADE, TO MAINTAIN DOUBLE
ECOSYSTEMS AND INCREASE FOREST LIFE.

#### by Kieron Baird

#### The Ripening

by Brenda Niebles

You're green and far from ready to eat still.

What things have you seen on your adventures?

Oh, the stories you could tell us I'd bet,
of Ecuador and the farmers' ventures.

Now fading to light green, handle with care and remember - Do Not Refrigerate! Be careful not to bruise, damage or tear. Relax, breathe; you'll ripen at your own rate.

You're firm, half and half and, as such, ideal. It's time to travel, to the different stores. Though this colour doesn't quite yet appeal but you've charmingly opened other doors.

Now the desired yellow starts to shine. The green of youth fades with the march of time. Your public awaits and you look divine. Soon you will reach your pinnacle; your prime.

People can't seem to look away from you...
mature, yellow, just a hint of what was.
You're not the banana people once knew.
Your roots, the journey on this reflect; pause.

The long-awaited moment is now here. You're glowing yellow; it's time to savour. In the fruit bowl, you're certainly top tier; tasty, like no other, that's your allure.

Brown has appeared now; time is growing short. However, your sweetness can't be denied; a friend to the cook, or the smoothie sort. \*Hint\* - Banana pie indeed must be tried!

#### BANANA CREAM PIE

#### FROM THE NORSKE NOOK

#### Graham Cracker Crust

2 cups crushed graham crackers ½ cup powdered sugar ½ cup (1 stick) salted butter,

softened

Graham Cracker Crust: Combine the cracker crumbs and the sugar in a bowl. Add the butter (butter should be soft, but not melted) and stir to eliminate lumps. Mix, using your fingers, until it becomes crumbly. Be careful not to overmix. Press the mixture into a pie tin, covering the sides and bottom. When doing the sides you will want

to get to the top of the tin. Refrigerate the crust until fully chilled. Be sure it is well set before adding filling.

Vanilla Pudding: In a saucepan, combine the sugar, flour, and cornstarch, and mix together with a whisk. Add the egg yolks, but do not mix yet. Gradually add the milk, and stir all together thoroughly. Cook over medium heat until thick and smooth, stirring constantly with a rubber spatula. Remove from heat, and add the butter and vanilla. Stir well and cool.

Fresh Whipped Cream: In a large bowl, whip the cream with an electric mixer until stiff peaks start to form. Beat in the sugar and vanilla until peaks form. Be careful not to overbeat or the cream will become lumpy and butterlike. Makes approximately 2 cups.

Assembling the pie: Spread a small amount of the cooled vanilla pudding evenly over the bottom of the crust. Add a layer of bananas, then the remainder of the pudding, being sure to cover the bananas completely, or they will turn dark. No bananas should show through. Cover the pie with plastic wrap and refrigerate until ready to serve. Serve with whipped cream.

ENJOY!

#### Vanilla Pudding, cooled

- 1½ cups granulated sugar
- 4 cup all-purpose flour
- 3 large egg yolks
- 3 cups whole mil
- 1 tablespoon salted butte
- Fresh Whipped Cream

1 cup heavy whipping cream 4 cup powdered sugar 1 teaspoon vanilla extract

5-7 Equal Exchange bananas



I fondly remember playing hide and seek in the Norske Nook restaurant basement storeroom with my older brother, while my dad, who owns the restaurant, worked on payroll. As I got older and taller, I would help out with small tasks such as wrapping silverware in napkins with the servers or poking pie crusts with a fork before they went into the oven with the bakers. When I was finally old enough to legally work with knives. I assembled fresh strawberry. raspberry, blackberry and, my favorite, banana pies in the bakery. This recipe is tried and true and in 2003 was the Norske Nook's first pie to win a blue ribbon at the National Pie Championships in Florida.

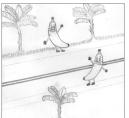
# the EDIC (b unfinished) TALE of TR4



A PLAGUE OF MASSIVE PROPORTIONS THREATENS BANANAS EVERYWHERE.



THE DISEASE INEVITABLY SPREADS TO THE WESTERN HEMISPHERE IN 2019.







THE BANANAS QUICKLY ADAPT TO STRICT NEW SAFETY MEASURES TO PREVENT THE SPREAD OF CONTAGION.





To be continued...

IT WILL TAKE A LOT OF RESOURCES TO SOLVE THIS PROBLEM, WHICH COULD AFFECT THE LIVES OF MANY PEOPLE (NEVER MIND BANANAS!). EVERY PART OF THE GLOBAL SUPPLY CHAIN NEEDS TO TAKE RESPONSIBILITY.



#### **WHAT BANANAS CAN TEACH US ABOUT**

# **PANDEMICS**

A Man A Plan A Canal PANAMA
With globalization comes vulnerability.

Restricting mobility can stop its spread

Minimize the number of people and banana plants you meet.

Those without resources are the most vulnerable Consider others as you make purchases and donations.

The virus will change and adapt
As humans and bananas, we must adapt too.

The virus knows no borders Political boundaries may exacerbate problems.

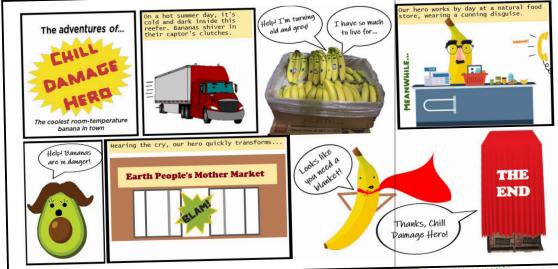
Sanitary measures are our best friend for protection Wash your hands, wash your feet, stay home!

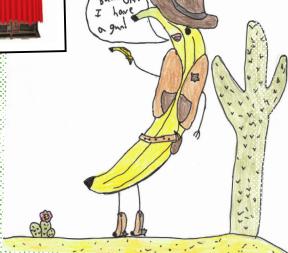
Lean into the things that give you comfort and solace Consider making more banana bread.

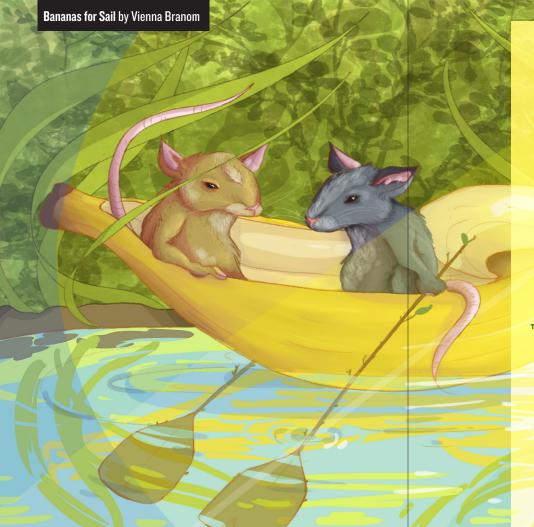


Fusarium Wilt TR4 currently threatens the bananas of the world, with a 100% mortality rate. Stopping its spread, like stopping COVID-19, is essential to the health of bananas and people worldwide.









## "PEEL"

I OPEN THE HISTORY BOOKS TO CIRCA 5,000 BCE AND SAY, "PEEL".

LIKE PROBABLY MOST OTHER US CITIZENS,
I HAD ASSUMED BANANAS WERE NATIVE
TO THE REGION WHICH WE HAD EXPLOITED
AND IN WHICH WE HAD INSTATED
DICTATORSHIPS FOR DECADES

BUT NOT SO. THEY HAVE ROOTS STRETCHING BACK THOUSANDS OF YEARS TO LAND ACROSS THOUSANDS OF WAVES.

THE MAYAN KINGDOM NEVER KNEW THEM; DURING THAT TIME, THEY WERE NOURISHING EVERYONE FROM PEASANTS TO NOBLEMEN, IN THEIR NATIVE SOUTHEAST ASIA.

THEY CROSSED DESERTS ON CAMELS' BACKS,
REMAINED UPRIGHT IN THE CAVERNS
OF LURCHING SHIPS BEFORE BURYING THEIR ROOTS
DEEP INTO OUR VIRGIN SOIL.

THEY WERE UNKNOWN
TO THE SOLDIERS OF THE CIVIL WAR, BEFORE THE U.S.
DECIDED THEY COULDN'T LIVE WITHOUT THEM...
AND WOULD DO ANYTHING FOR THEM.

BEFORE BANANA BREAD AND MUFFINS,
BANANA SPLITS AND
STRAWBERRY-BANANA SHAKES

BEFORE ANDY PUT ONE
ON AN ALBUM COVER
BEFORE "BANANAS IN PAJAMAS" AND BEFORE
GWEN HOLLERED BACK, "B-A-N-A-N-A-S!"

BEFORE WE SAID 'PEEL'
TO BEGIN A GAME
THE HUMAN RACE HAS BEEN PLAYING
FOR CENTURIES.

### **Nutrition Facts**

#### The Banana Zine 2.0

This Zine was curated by Equal Exchange, a pioneer alternative trade organization working directly with small-farmer cooperatives around the world to build a fairer food system\*. We have a vision to deepen connections with the food we eat and the farmers who grow it, and we've been working toward it for over 30 years. All that leaves is you, you beautiful banana lover, and the power you hold to shape the food system you want to see. And make no mistake, you hold all the cards — not just with your dollars but with your VOICE.

Join us in demanding a food system that works for all by becoming an EE Citizen-Consumer.

Find more info here: equalexchange.coop/getinvolved

\*And a resounding thank you to all our contributors & partners that make this a fruitful community.

