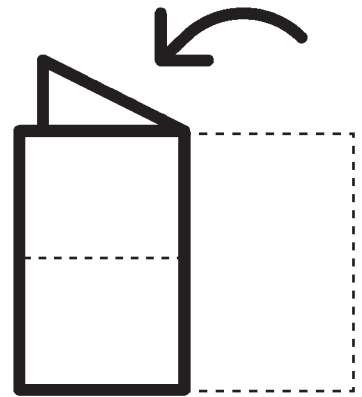


HOW TO MAKE YOUR ZINE



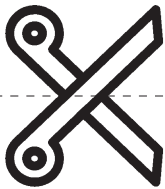
1.

Print Double-sided
on 8.5x11 sheets



2.

Fold in half
along the
vertical fold
line



3.

Cut in half
along the
horizontal
cut line



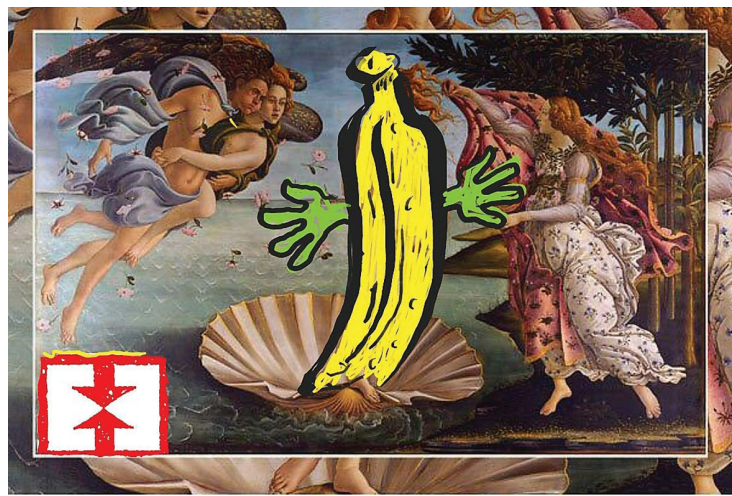
4.

Assemble to
make your
zine!



Bananicure by Yvonne B of Earl's Organic Produce

22 The Birth of Banana Venus by Dylan Botticelli of J&J Distributing



4/11 0xix

f.a.q.z.

(Frequently Asked Questions about this Zine)

WHAT IS THIS THING?

This is a collection of works by people across the Equal Exchange banana supply chain. The voices included represent farmer cooperatives, distributors, grocery stores, consumers, and a few artists who happen to make sweet banana-related art.

WAIT, WHY DID YOU DO THIS???

If you spend a minute flipping through and thinking about bananas, this zine has done its job.

If it makes you chuckle and even ask a couple questions about the bananas you buy, this zine is getting a promotion.

And if, out of nowhere, you find yourself lying awake tonight wondering

Wait a second, what the heck is up with the banana industry anyway, and how exactly is all this fruit getting here so cheap, and at whose expense, and what does this all mean for my role in the food system, and what do I do about it?

Well, in that case, this zine can just pack up its desk and move to a quiet cabin at the lake for a blissful retirement because, boy howdy, it's done a first-rate job.

And hey, if it only fades into the annals of banana ephemera history, at least it lasted longer than a ripe banana.

Enjoy,

The Equal Exchange Banana Team

by Brooke Werley of Equal Exchange Produce

HOW THE SMALL FARMER SUPPLY CHAIN IS LIKE YOUR WEDDING DAY



you have waited your whole life for this moment,

like the banana, which only fruits once

(it's actually an herb and a genetic clone, hopefully you are not)



You have to catch a ~~train~~ **BOAT** to (pick up your suit) **CUSTOMS EXAM** but there's only one ~~train an hour~~ **BOAT / WEEK** so you can't be late, and you have to be mature

Miniature Banana Wonderland
by Eleanor McGough, Kathie Smith,
and Mark Nels Phipps of Co-op
Partners Warehouse

Now What?

Well, here you are. You've admired the art, snapped your fingers to the verses, and read the bananifestos, all brought to you by a brilliant bunch of contributors from our independent banana supply chain and beyond. You've realized, perhaps, just how many brains are behind your bananas.

So what now? Where do you fit in?

Everywhere, really. You are the eater of food, the peeler of bananas, the driver of demand in the food system. Your **VOICE** matters. Our food system is becoming increasingly consolidated by a handful of large corporations that control everything from soup to nuts. And that, to us, is **BANANAS**.

At Equal Exchange, we believe we must use our voices as consumers to build a fair food system. This isn't your sticker's fair trade, it is a world in which everyone can participate in the market, and have fair wages and working conditions when doing so. One in which power derives from democracy and collective action, rather than giant corporate interests.

We've worked for 34 years to build equitable, long-lasting supply chains that connect small producers and consumers. Now more than ever, we recognize the need to deepen the connection and harness our power. We need you and we need your voice. Join us by becoming an EE citizen-consumer.

Find out more about our network and become a member here: equalexchange.coop/getinvolved

And, of course, we send a sincere **THANK YOU** (sweeter and mushier than that banana we left in our desk drawer over the weekend) to all our contributors & partners that make this community what it is.

equalexchange.coop/getinvolved



Don't Slip by Chris Grenfell of the Wedge Co-op

individuals such as myself to bring that ethnic into the local food space and into the "hip" sustainability communities in which I operate. Whether grown in the backyard or purchased from South American worker cooperatives, these unconventional bananas are a constant reminder of the narrative and practical work that still needs to be done. I am inspired by and grateful to those who are doing the hard work of decolonizing the supply chain and raising awareness through the voices they have. Thanks Equal Exchange!

By Joy T. Rubin Shen

FAIR TRADE AND DECOLONIZING BACKYARD BANANAS Personal Musings Inspired by Musa spp. "Fair Trade" and "bananas" - two powerful words that for me conjure the socio-agricultural history of the Americas and a larger conversation around decolonizing supplier-consumer relationships. It reminds me of the personal need in my life to counter cultural appropriation in the ways in which I hope to promote environmental sustainability. Many "new" trends and movements popularizing the return to heirloom crops and growing food in harmony with the environment are only new to those of us without a familial connection to the indigenous agricultural practices that have been extant in global cultures for thousands of years. I was introduced over 5 years ago to the practice of growing backyard bananas in Northern California. This was part of a larger permaculture movement to create urban and suburban food forests, carefully designed plantings that provide microclimates more conducive to growing tropical food crops. I had not realized this could be done, and was exceedingly excited: this could create a grass-roots alternative to carbon-heavy long-distance shipping while supporting a local economy of growers with the potential to expand the average consumer's palate beyond the common commercial hybrid banana. At the same time, I was confronted by how marginalized communities that have been quietly practicing this kind of permaculture and enjoying its fruits as part of their heritage for generations were not being centered and supported by the most visible mainstream leaders and practitioners of movements based on these marginalized cultural practices. It was yet one more way in which people from these minority cultures were not receiving a fair trade for their contributions to American society. This is a pattern I often feel complicit in as a member of said dominant American society. How do I practice social fair trade and decolonize my own metaphorical backyard banana growing? As Equal Exchange has challenged the modern colonial food system and continues its efforts to dismantle that model from within, I am reminded of the necessity for privileged

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once you are all dressed and ready to go,
a carriage comes to pick you up,
~~carriage~~ **truck**
but you have to have your paperwork in order
and get your documents in ahead of time

but if all goes according to plan,
you'll walk down the aisle
and meet the person who appreciates you
for everything that you are



into the co-op



5

- GLUTEN FREE BANANA PASTA -

HERE'S A SIMPLE RECIPE
FOR A HIGH FIBER PASTA
MADE FROM BANANAS.

1. TAKE TWO RIPE BANANAS (MUST BE EQUAL EXCHANGE LABEL!)



2. CUT OFF THE ENDS

3. PEEL THE BANANAS



4. DISCARD THE FLESH.



NOTE: YOU CAN
USE THE FLESH
AS GEL INSERTS
FOR YOUR
SHOES! THEY
ARE WONDERFULLY
SOOTHING AND
YOUR TOES WILL
THANK YOU!

5. CONTINUE PEELING THE BANANA PEEL INTO SMALL "LINGUINI" SIZED STRIPS



6. HEAT UP SOME OF YOUR FAVORITE SAUCE



BY AUDELPAIS PAT

FROM THE BANANA REPUBLIC OF BORIKÉN

LIFE IN PUERTO RICO AFTER HURRICANE MARÍA HAS BEEN LIKE A SLIPPERY-BANANA-PEELS WALK BECAUSE THE RELATIONSHIP WITH THE MAINLAND ISN'T CLEAR. PUERTO RICO IS A TERRITORY OF THE US WHERE IT ENJOYS AMERICAN CITIZENSHIP, SOCIAL SECURITY AND ARMY PARTICIPATION. EVEN SO,

THE ISLAND ENDS UP PAYING MORE THAN ANY STATE INCLUDING TAXES, SHIPPING, SHOPPING. FOR NOT SO OBVIOUS REASONS IT CANNOT BE TREATED AS A STATE AND SO ALL WE CAN DO IS TRY TO WORK THE LAND AS WE CANNOT CONTINUE DEPENDING ON FOOD IMPORTS OF DUBIOUS QUALITY. POLITICS HERE HAVE MORE IN COMMON WITH D.C. THAN OUR OWN BANANAS. LUCKILY AFTER THE HURRICANE THE SLUMBER WAS OVER AND MANY WOKE UP FULL OF BANANA DREAMS. OUR PLANTAINS DO NOT HAVE TO COME FROM THE DOMINICAN REPUBLIC, OUR DEAR NEIGHBOURS THAT REMIND US OUR CARIBBEAN LEGACY IS STRONGER THAN EVER. WE CAN FARM AND DANCE JUST LIKE OUR ANCESTORS FROM BANANALAND. NOWADAYS THE METRO AREA LANDSCAPE IS CHARGED WITH BILLBOARDS AND DRIVING TO THE BEACH MIGHT REMIND YOU HOW IMPOLITE CERTAIN PRODUCERS ARE. WE ARE TRYING TO PICK UP THE OVER-PRODUCTION OF GARBAGE FROM MAJOR COMPANIES THAT DO NOT WANT TO BE HELD ACCOUNTABLE FOR THEIR OWN PRODUCTS. THEIR PACKAGING IS AS PART OF THEIR PRODUCT AS MY BANANA SKIN IS OF ME. I'M NOT TRYING TO COMPETE WITH WHO IS MORE BANANAS, BUT SOME PEELS ARE MORE CLEAR THAN OTHERS. FAIR TRADE.

MUCHAS GRACIAS EQUAL EXCHANGE ACTION FORUM!

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BANANA ON CABLE LINE by Adrienne Trio

Forbidden Fruit by The Lowly Esculent



7.

SPOON THE
SAUCE OVER
THE BANANA
PASTA

ENJOY!

BY RICK
CHRISTIANSON
OF CO-OP
PARTNERS
WAREHOUSE

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by Chelsea Colbath of Baked Greens

VEGAN BLUEBERRY OATMEAL BANANA BREAD

COOK TIME: 45 min
YIELDS: 1 loaf

This quick, easy loaf of banana bread is tender, moist, absolutely loaded with blueberries and oats, and perfect for snacking on. It also happens to be vegan-friendly since there's no egg in this recipe! All you need is 9 simple ingredients, 1 bowl, and about 45 minutes.

INGREDIENTS

3 large, overripe bananas (the more brown/black spots, the better)
 ½ cup virgin coconut oil, melted
 ½ cup maple syrup
 1 tsp. vanilla extract
 1 cup unbleached all-purpose flour
 1¼ cup quick or instant oats (or old fashioned rolled oats, pulsed in your food processor or blender for a few seconds to break them up a bit)
 2 tsp. baking powder
 ½ tsp. baking soda
 ¼ tsp. salt
 1 cup frozen blueberries, not defrosted (fresh work, too)

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Grease a loaf pan with nonstick baking spray (I used an olive oil spray) or drizzle in a few drops of coconut oil and rub in with a paper towel.
2. Peel bananas and place in a large mixing bowl. Use a fork or potato masher to fully mash them. Add coconut oil, maple syrup, and vanilla, and stir with a spoon to combine. Then, add all remaining ingredients, including blueberries, and stir until fully combined.
3. Pour batter into prepared loaf pan, and sprinkle a big pinch of quick oats on top, if desired. Bake for 40–45 minutes, or until loaf is golden brown and cooked through. Let cool for 5 minutes in the pan before removing to cool fully on a cooling rack. Slice and serve warm, or room temperature. Leftovers keep well, covered, at room temperature for up to 3 days.

TERM/BAND NAME	HYPOTHETICAL MUSICAL GENRE	ACTUAL DEFINITION
Crown Rot	LA Punk	Benign mold that can develop on the top of the banana bunches
Pop and Tap	Neo-swing. They had that one really popular song, remember?	One type of CBP exam on containers at the port
Chill Damage	High school ska band. Battle of the bands winner, probs!	When bananas are exposed to cold temperatures before ripening, they can turn a dull grey/brown instead of yellow. They are perfectly fine to eat but people won't buy them.
Last Free Day	Emo	The deadline to pull a container of bananas from the port before incurring a hefty fine
Pulping Hot	Oldies funk that you and your parents can agree on	When bananas arrive to the warehouse with a pulp temperature hotter than specifications, can indicate a potential quality claim
Intermodal	8-bit dance pop	When multiple types of transportation are used to move products (i.e. ship to train to truck)
Door2Door	Late 90's R&B group with matching outfits	Transport service moving goods from their place of production all the way to final destination.
Flag for Claim	Speed metal	When bananas arrive to the customer with a potential quality claim and we have to alert the farmer group
The Stevedores	Bluegrass Trio headlining the local folk fest	Professionals who load and unload cargo from ships
Full Strip	Riot grrri	An intensive ag exam randomly performed on shipments of produce at the port
Pack House	Grunge cover band	The structure where bananas (and other produce) are washed, cut into bunches, stickered, and packed into boxes
Actionable Insect	Nu-metal band your college roommate liked a lot	A bug classed as an invasive species. Bad news for produce shipments.
40-Foot Reefer	Dad band playing all the the classic rock hits	The temperature controlled container used to transport bananas
Ripening Room	Trip Hop. Came up on your suggested videos on YouTube	Chambers filled with ethylene gas used to control ripening of bananas before shipping to stores
Bill of Lading	New England sea shanty band playing at your local dive	Document used to moved goods via ship, truck, etc.
Dead Freight	Math Rock. You don't really like it. But you wish you did.	The resource inefficiency associated with a truck carrying less than its full capacity.
The Loss Leaders	Early 2000's pop punk band that's probably gearing up for a reunion tour as we speak	Certain products (like bananas) that are priced deliberately low to entice customers to shop at a grocery store



Bananazon by Bill Cleveland

Banana Industry Terms That Sound Like Band Names

by Susan Simitz of Earl's Organic Produce

EQUAL EXCHANGE BANANA BLUEBERRY PINEAPPLE RUM BREAD

YIELDS: 2 loaves

DIRECTIONS

Preheat oven to 350°F.

Butter 2 bread loaf pans. In a medium to large bowl mix flour, baking soda, cinnamon and salt. Cream together butter and brown sugar in large bowl for about 2-3 minutes until well combined. Mix in the eggs one by one, blending well after each addition. Add in vanilla, rum and bananas and mix for about a minute. Don't worry at this point if the ingredients don't blend fully.

Gradually add the bowl of flour, baking soda, cinnamon and salt into the wet ingredients until just blended. Be careful not to overmix or your bread will be tough. Pour blueberries into the bowl and gently fold in with a spatula. Now it is time to divide up the dough into the two pans.

Bake for an hour and then test the bread with a knife. If it is still wet in the middle of the dough cover it with foil and cook for another 15-20 minutes until the knife comes out clean. Let cool for at least 15 minutes before digging in (at least that is how long I lasted).

I enjoy toasting mine the next day in the toaster oven and serving with butter.

Enjoy!

INGREDIENTS

- 4 cups all-purpose flour
- 2 tsp. baking soda
- ½ tsp. salt
- 1 tsp. ground cinnamon (I prefer Saigon cinnamon for its incredible fragrance)
- 1 cup butter softened
- 1½ cups light brown sugar
- 4 eggs
- 2 tsp. pure vanilla extract
- 6 Tbsp. pineapple rum (Plantation rum is easily found at Bev Mo)
- 2 pints fresh blueberries
- 4½ cups ripe bananas mashed

"He jests at scars that NEVER
felt a WOUND"
- William Shakespeare

BANANAS ARE AGRICULTURAL PRODUCTS.
THEY CAN'T ALWAYS LOOK IS PERFECT.
MOST BLEMISHED FRUIT IS PERFECTLY
GOOD TO EAT, BUT NO ONE BUYS IT!
PLEASE, SUPPORT ORGANIC & FAIR
PRODUCTION & BUY SCARRED AND
GRAY & WEIRD NANAS

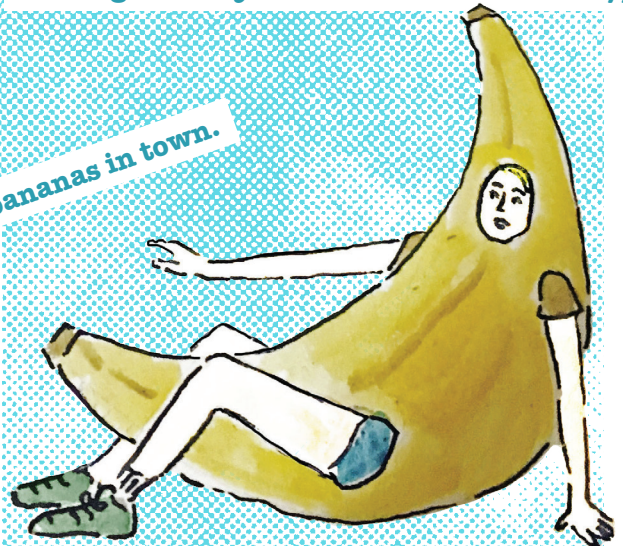


by Angelica Hicks and
Meghan Bodo of Equal
Exchange Produce

What About Bananas?

From green to yellow and then to brown //

bananas in town.



The Lady in the Banana by Kelsey Davenport

With peels that feed your compost mound //

Repping the quintessential irregular round //

WHY DOES BANANAS MEAN CRAZY?
IS IT SAD THAT IT JUST DOESN'T FAZE
ME?
WE REDUCED THE VARIETY
AND CREATED ANXIETY
I SUPPOSE IT'S NOT ALL THAT HAZII!

going bananas by Claudia Crowder



Looking More Like a Work of Art
by Em Ambrose of Equal Exchange

by Brandi Pearl Reynolds

AN ODE TO A BANANA

A banana looks like a yellow smile, it would be nice if it would stay a while.
But the banana, it begs to be eaten, or for a muffin that it could sweeten...
Or maybe a loaf of bread, or pie, or dipped in chocolate and placed in the freezer.
Potassium, folate, and pectin, oh my! Bananas are a real crowd pleaser.
They provide jobs for many a farmer, a picker, a distributor... a packer, a shipper, a retailer, and more... To get bananas to someone's front door.
Bananas, with their sunny smile, help provide magnesium and more.
Over a thousand varieties adorn the banana plants of the world.
Yellow, red, green, pink, purple, even black, too. Bananas are real people pleasers, it's true. Grown in over one hundred countries and domesticated in Papua, New Guinea, they can be cooked, steamed, or just eaten raw. There is a lot that parts of their plants can be used for.
A banana looks like a yellow smile, it would be nice if it would stay a while.
But the banana, it begs to be eaten, or for a muffin that it could sweeten...

Papercraft Bananas by Vianney T of Earl's Organic Produce



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give me heartburn

smell

I'LL ADMIT IT...

icky

taste

texture

the way they turn brown

I hate bananas!

by Ruth G. Radin

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BY JULIO OSCAR CALLEGOS HERRERA-RAMBLA OF CEPIBO BANANA COOPERATIVE PERU

DENNOS HERMANO BANANO

A VECES PISAR UNA CASCARA DE BANANO
NO SOLO SIGNIFICA CAER.
SIGNIFICA TAMBIEN:
RESISTIR. LEVANTARSE Y SEGUIR.

A VECES UNA FRUTA PUEDE SIGNIFICAR
MAS DE LO QUE TU IMAGINAS.

RECUERDA QUE ANTES DE TENER UN AMARILLO SOLIDARIO
EL BANANO TUVO UN COLOR VERDE ESPERANZADOR...

COMO LA ESPERANZA QUE MUEVE AL PLANETA
PENSANDO QUE HABRA UN FUTURO MEJOR
LA ESPERANZA QUE TIENEN LAS PLANTAS
DE QUE MAÑANA SALDRÁ EL SOL.
LA ESPERANZA QUE TIENEN LOS HOMBRES
DE QUE EXISTE UN SER SUPERIOR.

MIENTRAS TANTO LA POESIA HACE SU SILENTE TRABAJO
EN LA SONRISA DE DON FELIX
EN LA CABALLEROSIDAD DE DON HIGINIO
EN LA ALEGRIA DE "CHICULA"
EN LA SERIEDAD DE DON BENITO
EN LA BUENA VIBRA DE "PONCHO NEGRO"
EN LA LEALTAD DE DON RENE
EN LA HUMILDAD DE LUCRECIO
Y EN TODOS LOS PEQUEÑOS BANANEROS
QUE ESTUVIERON Y ESTARAN.
"DENNOS TAN SOLO UN BANANO Y CAMBIAREMOS AL MUNDO"

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ENGLISH TRANSLATION BY ANGELICA HICKS OF EQUAL EXCHANGE PRODUCE

GIVE US BANANA BROTHER

SOMETIMES. STEPPING ON A BANANA PEEL
DOESN'T JUST MEAN FALLING.

IT ALSO MEANS:
RESISTING. GETTING BACK UP AND CONTINUING ON.

SOMETIMES. A FRUIT CAN MEAN
MORE THAN YOU IMAGINE.

REMEMBER THAT BEFORE TURNING ITS AFFABLE YELLOW,
THE BANANA WAS THE VERDANT HUE OF HOPE...

LIKE THE HOPE THAT TURNS THE PLANET
THINKING THAT THERE WILL BE A BETTER FUTURE
THE HOPE HELD BY THE PLANTS
THAT TOMORROW, THE SUN WILL EMERGE.
THE HOPE HELD BY HUMANITY
THAT THERE EXISTS A HIGHER BEING.

MEANWHILE. POETRY CONTINUES ITS SILENT WORK
IN THE SMILE OF DON FELIX
IN CHIVALRY OF DON HIGINIO
IN THE JOY OF "CHICULA"
IN THE GRAVITAS OF DON BENITO
IN THE GOOD VIBES OF "PONCHO NEGRO"
IN THE LOYALTY OF DON RENE
IN THE HUMILITY OF LUCRECIO
AND IN ALL OF THE SMALL BANANA FARMERS
THAT EVER WERE AND EVER WILL BE.
"GIVE US JUST ONE BANANA. AND WE WILL CHANGE THE WORLD"

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