



## Musa 'Dwarf Iholena'

Here's a rare and wonderful tasting new dwarf banana variety from Hawaii. 'Dwarf Iholena' has short, broad leaves and the fruit grows in a compact, stocky bunch. In Hawaii, it is enjoyed fresh as a dessert quality banana and also used for cooking when fully ripe. It grows quickly during the warm summer months and will reach a height of 5-8' tall in just a couple of months.

The name refers to the colour of the fruit pulp, *iho* meaning core or heart and *lena* meaning yellow or yellow-orange<sup>[1]</sup>. The colour of Iholena fruits suggests they are high in **pro-vitamin A carotenoids**.

## Plant Highlights

- Popular Hawaiian cultivar
- Harvest fruit in 8 to 12 months
- Fruit has sweet taste and can be cooked

## Why Bananas?

Musa, or bananas as they are commonly known, come in a wide array of choices: dessert, cooking/plantains, ornamental foliage, and ornamental flowering. Whether you are looking to produce fruit or sell to a garden center, we have the perfect variety to suit your needs. Many of these bananas are suitable for all climates given the appropriate care. Bananas are heavy drinkers and feeders. They perform great in a container and are perfect for the landscape. Musa can be grown in a greenhouse, shade house, or field very quickly!

**HEIGHT:**  
5-8 Feet

**FEATURES:**  
• Fast Growing  
• Heat Tolerant

**TYPE:**  
• Dessert (Raw)

**FOLIAGE COLOR:**  
• Green

**EXPOSURE:**  
• Full Sun  
• Partial Sun

**ZONE:**  
8–11

**PURPOSE:**  
• Aesthetics/Decor  
• Food Production  
• Health

**SOIL MOISTURE:**  
• Moist, Well-Drained

**CAN'T SHIP TO:**  
• Hawaii  
• Puerto Rico

**APPLICATIONS:**  
• Focal Point  
• Containers  
• Patio & Garden  
• Specimen  
• Edible Garden



## Banana Bread

### Ingredients

1/2 cup butter  
1 cup sugar  
2 eggs, beaten  
4 bananas, finely crushed  
1 1/2 cups flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon vanilla

### Directions

Cream together butter and sugar.  
Add eggs and crushed bananas.  
Combine well.  
Sift together flour, soda and salt. Add to creamed mixture. Add vanilla.  
Pour into greased and floured loaf pan.  
Bake at 350 degrees for 60 minutes.  
Keeps well, refrigerated.