

Not Bananas

Guest submission by Josh Reid (son of Becky Reid)

My mom has been teaching us how to cook. Recently, my sister went on an adventure in the freezer. She thought she grabbed the frozen bananas, but obviously not, since her smoothie tasted like ginger.

My sister was very upset with my mom for not labeling the food. She had shown my mom the item and asked “isn’t this bananas?” My mom did a quick glance and said “I think so.”

Now, my mom is labeling everything with date, description, and the added words “not bananas” to help my sister.

Finding something in our freezers is an adventure all in itself. You could be just looking for bananas and end up with something completely different.

When I open the freezer, I’m surprised I don’t get hit in the face or the foot with something that falls out. (Getting hit in the face would be impressive since I’m 6’6” and our side-by-side unit is only 6’). I also might have to look in a different freezer to find something.

You may think that looking for frozen ground beef would be easy, but not when everything looks the same. Our freezers are like a deep dark dungeon where casseroles go to die or might be pulled out for “freezer surprise” (my favorite night of the week - NOT).

When I have my own freezer, it is going to be all beef, so it won’t matter. I might label a few things “not bananas” for when my sister comes to visit.

The lesson is: double check what you put in your smoothies and label what you put in the freezer.

Notes written by my mom -

“Freezing peeled ginger root is an excellent way to extend the storage of life of this flavor champion. It is also easier to grate frozen ginger root into recipes. Caution - when sliced into small chunks, it might appear to be banana chunks.

If you are looking for a fun way to add flavor to your mango smoothies, do a computer search for mango ginger recipes. Adding grated ginger root will add pizzazz. Taste testers in my household do not recommend quantities over 1 teaspoon per 2-cup serving.” - Becky Reid

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.

