

# *The Tastiest Williams Bananas from Our Family to Yours*



*Island Fresh*

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“It’s all about being at the right spot on the globe when it comes to growing delicious Williams bananas. That explains the superior taste of the bananas from Hamakua Springs Country Farm in Pepe’ekeo on the Hamakua Coast. “We’re above the equator, and our bananas grow in higher elevations, so they can stay on the tree longer for tastier, richer bananas,” says Richard Ha, who operates the multi-generation family farm with his mom, daughter and son-in-law and grandson. That explains why demand never stops. Every week, the farm ships 30,000 pounds of Williams bananas to O’ahu, Maui and the Big Island.”

Richard with his mom, Florence; his wife, June;  
son-in-law, Kimo Pa; and his daughter, Tracy Pa  
Hamakua Springs Country Farms  
<http://hawaii.gov/hdoa>



### **Hamakua Springs Country Farms**

421 Lama Street  
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(808) 981-0805

[www.hamakuasprings.com](http://www.hamakuasprings.com)

#### **Fact:**

*At Hamakua Springs Country Farm, bananas stay on the tree for 12 weeks during the summer and 16 weeks during the winter. Banana “bunches” are stored in temperature-controlled ripening rooms until they are ready for shipment. Most people see banana “hands” in stores or the individual bananas, known as “fingers.”*

#### **Tip:**

*Bananas are a good source of fiber and vitamin C, and are loaded with potassium.*

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