**Banana Fritters**

East African Highland bananas were introduced early into Africa from Southeast Asia during the first to sixth centuries AD, likely from trade. They are genetically unique having evolved locally in the African Great Lakes region for over a millennium. They are found nowhere else in the world, and the African Great Lakes has been called the secondary center of banana diversity because of this (with Southeast Asia being the first). East African Highland bananas are considered to be especially diverse in Uganda, Burundi, and Rwanda.

East African Highland bananas are one of the most important staple food crops in the African Great Lakes region, particularly for Uganda, Tanzania, Burundi, and Rwanda. Per capita annual consumption of bananas in Uganda is the highest in the world at 1.5 lb. daily per person. Uganda itself is the second-largest producer of bananas in the world. It is, however, one of the smallest exporters, the crops being used mostly for domestic consumption. East African Highland bananas are so important as food crops, the local name matoke (or more commonly matooke) is synonymous for the word "food" in Uganda. Yams, plantains, green bananas and cassava are the essential staples in Africa. These vegetables are grown and used all over the continent, either on their own or combined with others. Meat, on the other hand, is often used merely as one of a number of flavorings, rather than as a main ingredient in cooking.
Kampala, Uganda, October 2015
Matooke

Rural Kampala, Uganda home

October, 2015