'Asupina' is a cultivar that belongs to a group of bananas domesticated in the Pacific region, the Fei bananas. Like many of the cultivars in this group, it has high levels of provitamin A carotenoid that are transformed into vitamin A in the body. 'Asupina' supplied the APsy2a gene that was introduced to a Cavendish cultivar by scientists at the Queensland University of Technology in Brisbane, Australia. The gene encodes the protein phytoene synthase, which plays a role in the pathway leading to the formation of ?- and ?-carotene. The proof of concept is part of a project to alleviate vitamin A deficiency in Uganda by engineering local cultivars.

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Morphological characteristics
The pendulous bunch and molecular characterization data suggest hybridization with Musa acuminata.

The peel colour of the ripe fruit is orange. The texture of the fruit pulp is soft and its colour yellow/orange.

Agronomic traits, yield and fruit characteristics
An 'Asupina' accession collected in Papua New Guinea was evaluated on-station in Australia. The first crop cycle took 14-15 months and the ratoon one 9-10 months. The height of the pseudostem varied from 3 to 4.5 m over two crop cycles, and the bunch weight from 5 to 20 kg.

Nutritional value
In a study comparing ten cultivars that had yellow to orange fruit with two Cavendish cultivars, 'Asupina' had the highest level of trans ?-carotene, the most important provitamin A carotenoid (1,412 ?g/100 g of fresh weight, or more than 20 times the level in the Cavendish cultivars). Consumption of 2 to 3 fingers of this cultivar could provide half of the estimated vitamin A requirements for a nonpregnant, nonlactating adult woman.[5]

References

2. Super bananas – world first human trial, Queensland University of Technology

See also on this website

Photos of 'Asupina' in Musarama
Local names for 'Asupina' in the cultivar checklist
Musapedia pages on cultivars:
Apanu
Asupina
Bira
Bogoya
Bungulan
Figue Pomme
Gerei Langi
Giant Cavendish
Grande Naine
Gros Michel
Huamoa
Iholena lele
Inarnibal
Karat
Kayinja
Kisubi
Kolale
Lahi
Lai
Lakatan
Latundan
Maoli Maoli
Mbwazirume
Mysore
Ney Poovan
Obino l'Ewai
Pei Chiao
Pelipita
Pisang Awak
Pisang Jari Buaya
Pisang Lilin
Pisang Raja
Pitogo
Saba
Sucrier
Sukali Ndizi
To'o
Williams
Yangambi Km5

External links
To browse accession-level information on 'Asupina' in MGIS

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The original document is available at http://www.promusa.org/Asupina