The East African highland cooking banana (matooke) is a key source of livelihood for over 13 million farmers in Uganda. The banana fruits all year round - a characteristic that makes it an important income and food security crop. Although farmers grow many banana varieties, only a few are preferred by traders and consumers outside the production areas. The most commonly preferred varieties are Kibuzi, Nakitembe, Musakala and Mbwazirume. The attributes responsible for their popularity are:

- Stout pseudo-stems
- Compact bunches
- Medium-sized fingers
- Fast maturing, but can also be eaten when not fully mature
- Golden yellow, soft and tasty food (Nakitembe has the best flavour according to consumers)
**KIBUZI**
- Stout pseudo-stem
- Big, compact bunches
- Long shelf-life
- Hard skin (does not bruise easily)
- Makes tasty food with a nice aroma

**MUSAKALA**
- Big bunches
- Big, loosely packed clusters
- Long fingers
- Makes soft, tasty food
- A few fingers give a lot of food

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