



# Peanut



Peanut oil is a vegetable oil extracted from peanuts. It is a popular cooking oil due to its mild flavor and high smoke point.

Peanuts are planted in well-drained, warm, sandy loam soil. The peanut plant produces yellow flowers that develop into pegs after pollination. The pegs penetrate the soil and swell to form peanuts. The peanuts develop underground, growing on the tips of the pegs.

Peanuts are ready to harvest about 120-150 days after planting. They are harvested by diggers that pull up the plant, shake off excess soil, rotate the plant so that the peanuts are up, and lay it back down in a windrow to dry for 2-3 days. A combine separates the peanuts from the vines, placing the peanuts into a hopper on the top of the machine.

The harvested peanuts are cleaned and graded before processing, which may include shelling, roasting, blanching, or oil extraction. Peanut oil is extracted through mechanical pressing or solvent extraction.

Peanut oil is used as a cooking oil or to make salad dressings, mayonnaise, cakes, cookies, pastries, potato chips, snack bars, peanut butter, condiments, sauces, moisturizers, and hair care items.

Peanut oil is high in monounsaturated fats and phytosterols, which promote heart health and may have anti-inflammatory effects. It also contains vitamin E, an antioxidant that helps protect cells from damage. The fats in peanut oil may aid in the absorption of fat-soluble vitamins like A, D, and E.



[https://youtu.be/i6SxMFDf4rQ?  
si=3nLM-wKz-ia1crul](https://youtu.be/i6SxMFDf4rQ?si=3nLM-wKz-ia1crul)