



PEANUTS

— Elementary



Peanuts are not nuts. They are in the legume family. Peanuts are native to South America, Central America, and Mexico. Peanuts grow best in light, sandy loam soil. They fix nitrogen in the soil and improve soil health.

A machine cuts off the main root of the plant by cutting through the soil just below the level of the peanut pods. The machine lifts the “bush” from the ground and shakes it, then inverts the bush, leaving the plant upside down on the ground to keep the peanuts out of the soil. This allows the peanuts to dry slowly.

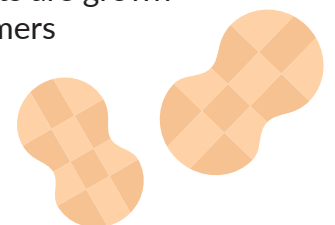


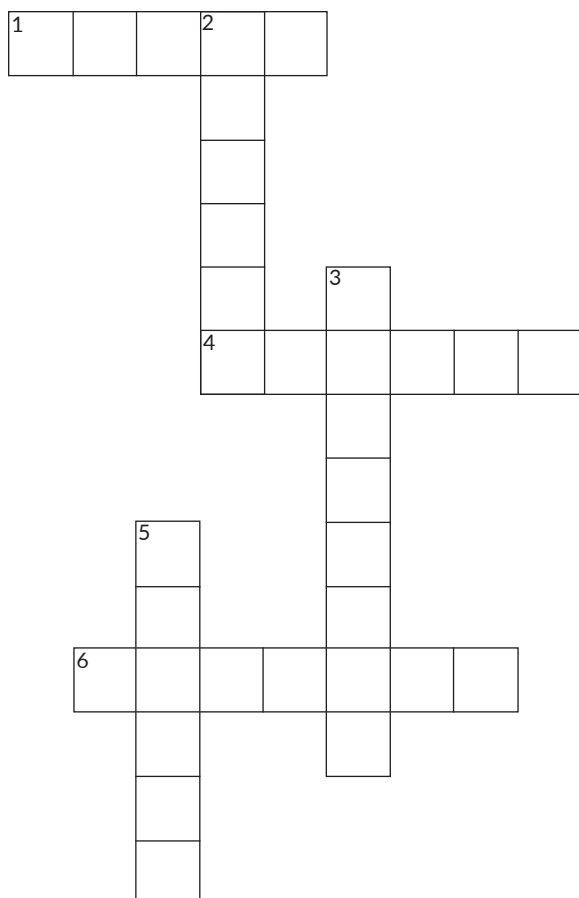
After the peanuts dry, they are threshed. This removes the peanut pods from the rest of the bush. Peanuts must be dried properly and stored in dry conditions. If they are too high in moisture, they may become infected by the mold fungus.

Peanuts are a good source of monounsaturated fats, the type of fat important in a heart-healthy diet. Peanuts have other nutrients such as vitamin E, niacin, folate, protein, and manganese. About 0.6% of the US population experiences allergic reactions to peanut exposure.



Peanuts are a favorite food. Peanut butter accounts for about one half of the peanuts grown in the United States. Worldwide, peanuts are grown chiefly to provide peanut oil. Farmers in Africa and Asia grow about 90% of the world's peanuts. Many southwest Oklahoma farmers raise peanuts.





PEANUT CROSSWORD

1. The outer covering of a nut, fruit, or seed especially when hard or tough.

2. A family of plants which, with the aid of symbiotic bacteria, convert nitrogen from the air to build up nitrogen in the soil.

3. A chemical which improves soil health.

4. Peanut shells are unable to be eaten by people, but the peanut is _____.

5. A vine native to tropical America and widely cultivated in semi-tropical regions, having yellow flowers on stalks that bend over so the seed pods can ripen underground. Cultivated for its edible seeds.

6. The gathering of a crop.

PEANUT BUTTER BANANA POPSICLES



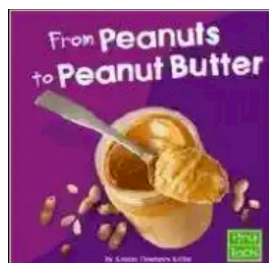
ASK AN ADULT
FOR HELP

INGREDIENTS:

- 3 ripe bananas
- 1/2 cup peanut butter
- 1 cup milk
- 3 tbsp maple syrup

DIRECTIONS:

1. Mix all ingredients together in a bowl.
2. Put into blender and blend together until smooth and creamy.
3. Pour mixture into popsicle molds.
4. Freeze until firm.
5. Enjoy a freshly made popsicle!



CHECK OUT THIS BOOK ABOUT PEANUTS

BY CHARLES MICUCCI



FUN FACT

There are enough peanuts in one acre to make over 30,000 peanut butter sandwiches.