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Your child learned to make...



home made (protein rich) peanut butter

today with a guest speaker from the Seneca County Cornell Cooperative Extension and 4-H Youth Development Program.

Your child participated in the following learning task which they will enjoy telling you about:

How To Make Home Made Peanut Butter with an Adult

1. Wash your hands with warm, soapy, running water before preparing food.
2. For creamy peanut butter: Place 1 cup of roasted, shelled peanuts in a food blender. With the lid secure "pulse" blend for 10 seconds at a time for about 1 minute.
3. Add 1 $\frac{1}{2}$ teaspoons or peanut oil (or vegetable oil).
4. Blend on high an additional 3 minutes (stopping every minute to push mixture back down with a rubber spatula).
5. You may prefer to add $\frac{1}{4}$ teaspoon salt if using unsalted peanuts. Repeat Step 4.

For crunchy peanut butter: Stir in $\frac{1}{4}$ cup chopped roasted peanuts after the blending is complete.

Store in a tightly closed container in the refrigerator. Oil may rise to the top. If this occurs, stir before using.

Note: Offer peanut butter on a slice of bread or crackers when serving peanut butter to children to prevent possible choking.



You've Got Peanut Questions...We've Got Answers!

Q. How do peanuts grow?

A. Peanut seeds (kernels) grow into a green oval-leafed plant about 18 inches tall, which develop delicate yellow flowers around the lower portion of the plant. The flowers pollinate themselves and then lose their petals as the fertilized ovary begins to enlarge. The budding ovary or 'peg' grows down away from the plant, extending to the soil. The peanut embryo turns horizontal to the soil surface and begins to mature, taking the form of the peanut. From planting to harvesting, the growing cycle takes four to five months, depending on the type or variety.



Q. How many pounds of peanuts are consumed in the United States each year?

A. 2.4 billion pounds! About 50% is consumed as peanut butter. This equals out to around 12 pounds of peanuts per person each year!

Q. Are there different types of peanuts?

A. Yes. There are mainly three types of peanuts grown in the United States - Virginias, Runners and Spanish peanuts. Virginias are often called cocktail nuts and are considered large-kernelled. Medium-sized kernels are called Runners and small-sized kernels are called Spanish peanuts. A fourth type, Valencia peanuts, are grown less frequently in the US and are characterized by three or four small kernels in a long shell.

Q. Where are peanuts grown in the United States?

A. Mainly in these eight states: Alabama, Florida, Georgia, North Carolina, Oklahoma, South Carolina, Texas and Virginia.

Q. Why are peanuts sometimes referred to as "ground nuts?"

A. Peanuts actually grow underground, as opposed to nuts like walnuts, almonds, etc. that grow on trees (and are sometimes referred to as "tree nuts").

Q. Where did peanuts originate?

A. The peanut plant is thought to have originated in Brazil or Peru. Portuguese explorers transplanted it to Africa, and from there it was brought to America as an inexpensive, high-protein staple, later to be consumed by soldiers during the Civil War.

Q. Who is George Washington Carver?

A. George Washington Carver is considered by many to be the father of the peanut industry. He began his peanut research in 1903. He suggested to farmers that they rotate their cotton plants and cultivate peanuts. He developed over 300 uses for the peanut! He used the peanut for products such as flour, soaps, plastics, detergent, shoe and metal polish, shaving cream, face cream, paint, shampoo, ink, medicine, axle grease, and many more!

Q. Are peanuts legumes?

A. Yes. Peanuts, along with beans and peas, belong to the single plant family, Leguminosae. Legumes are edible seeds enclosed in pods. As a group, they provide the best source of concentrated protein in the plant kingdom. While their physical structure and nutritional benefits more closely resemble that of other legumes, their use in diets and cuisines more closely resembles that of nuts.

Q. Are peanuts nutritious?

A. Peanuts are more nutritious than most people think - not only are they high in protein, but they are also a great source of fiber, carbohydrates, essential minerals, niacin, thiamin, vitamin E, vitamin K, and food energy... not to mention that they're cholesterol-free!