

HARVEST OF THE MONTH

Peanuts

About half of the peanuts grown in the United States are harvested within a 100-mile radius of the city of Dothan in south Alabama. Alabama is the third top peanut producer in the United States, and on average, 400 million pounds of peanuts are harvested annually in Alabama. That's a lot of peanuts!

Each October, Dothan, the "Peanut Capitol of the World," hosts the National Peanut Festival. It draws over 120,000 visitors. Peanuts can be served boiled, raw, candied or mixed into a dessert. Peanut oil is used in making sauces and other foods such as noodles, but the most popular way to serve peanuts is buttered between two pieces of bread with jelly.



Nutrition Facts			
Serving Size 1 ounce 28g (1 ounce (28g))			
Servings per container 1			
Amount Per Serving			
Calories 159		Calories from Fat 115	
% Daily Value*			
Total Fat 14g		21%	
Saturated Fat 2g		10%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 5mg		0%	
Total Carbohydrate 5g		2%	
Dietary Fiber 2g		10%	
Sugars 1g			
Protein 7g			
Vitamin A		0% • Vitamin C	0%
Calcium		3% • Iron	7%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
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Did you know?

It takes about 540 peanuts to make a 12-ounce jar of peanut butter.

