

NUTRIGRAM

Summer 2007

Fun Food Facts

Did you know?

Wisconsin is the state that grows the most cranberries. Each year cranberry producers grow more than 300 million pounds of cranberries.

Raisins are made from grapes that have dried in the sun for two to three weeks. Most of the raisins eaten in the United States come from California - and about three quarters of all raisins are eaten with breakfast.

It takes about 10 pounds of milk to make one pound of cheese. The average cow produces 2,100 pounds of milk in a month or 210 pounds of cheese. By the way, that same cow can produce about 46,000 glasses of milk in a year.

Pumpkins are fruits, not vegetables. The average pumpkin weighs between 10 and 30 pounds. The winner of the 2003 biggest pumpkin contest weighed 1,140 pounds.

Guess how many honeybees it takes to produce a tablespoon of honey? If you said 12, then you are right!

Hawaii is the only state that grows pineapples. You can grow your own by cutting (or screwing) the top off a fruit and planting it in a pot in a warm place. In 3 to 4 years fruits develop from tiny, lavender flowers that grow from the center of the leaves.

Which vegetable do Americans eat the most? Potatoes. The average person in the United States eats 140 pounds of potatoes every year. Bet you didn't realize that the potato was the first vegetable to be grown in space!

Why do fresh apples float? Fresh apples float because 25% (or 1/4) of their volume is air.

Maine produces almost all of the nation's wild blueberries. Wild blueberries are smaller and sweeter than "commercial blueberries", and they hold their shape, texture and deep-blue color through a variety of baking and manufacturing processes.

Did you know there are over 40,000 varieties of rice grown worldwide? Rice has been produced in the United States for more than 300 years. The major rice-producing states are Arkansas, California, Louisiana, Texas, Mississippi, and Missouri. In the winter the flooded rice fields provide safe places for migrating birds, ducks and other animals.

For more fun food facts go to: <http://content.fsa.usda.gov/FSAKIDS/>



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