



# Peanuts

**Plant:** Peanuts grow best in soil enriched with calcium (gypsum) and compost with a pH of 6-7. Purchase seeds from mail-orders suppliers and plant seeds 3" deep when soil temperature is 70° F and danger of frost has passed. Sow Virginia and Runner types (two seeds/pod) 6-8" apart and Spanish and Valencia (3-6 seeds/pod) 4-6" apart.

**Grow:** Approximately one month after planting, blossoms develop at the base of the plant. Keep soil heavily watered at this point. The petals will fall off, the peg (the flower stem and peanut embryo) will bend downward and grow into the loose soil. When all pegs are buried, lightly mulch the bed and maintain adequate moisture. Fertilizer needs are: nitrogen level-low, phosphorous level-moderate and potassium level-moderate.

**Harvest:** When the foliage yellows (after ~120 days), plants are ready to dig. Test for ripeness by lifting a plant with a garden fork. Ripe peanuts will feel firm with a dry, papery outer skin. Harvest by loosening soil around plant, and then pull up the entire plant gently. Allow peanuts to dry on the vine for 2-3days, then separate peanuts from plants and dry on a screen for 3 weeks in a warm, airy and shaded location.

## Nutrition Information:

Peanuts pack a serious nutritional punch and offer a variety of health benefits. They are a good source of heart healthy monounsaturated fats, vitamin E, niacin, folate, protein and manganese. They also contain the antioxidant resveratrol.

Nutrition Facts	
Serving Size 1 ounce 28g (1 ounce (28g))	
Servings per container 1	
Amount Per Serving	
<b>Calories</b> 168	Calories from Fat 123
% Daily Value*	
<b>Total Fat</b> 15g	23%
Saturated Fat 2g	12%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 3g	11%
Sugars 1g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*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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**How to Prepare:** *Green* peanuts are farm fresh peanuts, and not yet dehydrated or cooked. To boil, start with green peanuts, wash and pick debris out of the peanuts. Using a heavy pot, add peanuts and cover with water by 2 or more inches. Add salt to taste (about ¼ cup per 10 lbs green peanuts). Bring to a rolling boil and boil until tender, about one hour (up to 3 hours). To roast peanuts, preheat oven to 350° F and arrange the peanuts on large, flat baking tray or cookie sheet lined with baking paper or foil. It is important that the peanuts are all sitting flat and in one layer, to ensure even roasting. Roast for 15- 20 minutes.



## Ginger Carrots with Peanuts

**Yields:** 4

**Serving size:** 4 oz

### **Ingredients**

- 1 pound fresh carrots, sliced into coins
- 2 teaspoons canola oil
- ½ teaspoon fresh ginger root, minced
- ¼ cup roasted peanuts
- Salt and pepper to taste

### **Preparation**

1. Blanch carrots in boiling water until just tender..
2. Heat sauté pan. Add oil. When hot, add ginger. Cover and cook (sweat) for 1 minute.
3. Add peanuts, salt and pepper. Stir well.
4. Add carrots. Sauté until tender.

### **Nutrition Facts per Serving:**

100 calories, 6 g fat, 10 g carbohydrates, 4 g fiber, 2 g protein