

# THE STORY OF PEANUTS

*a children's activity booklet*

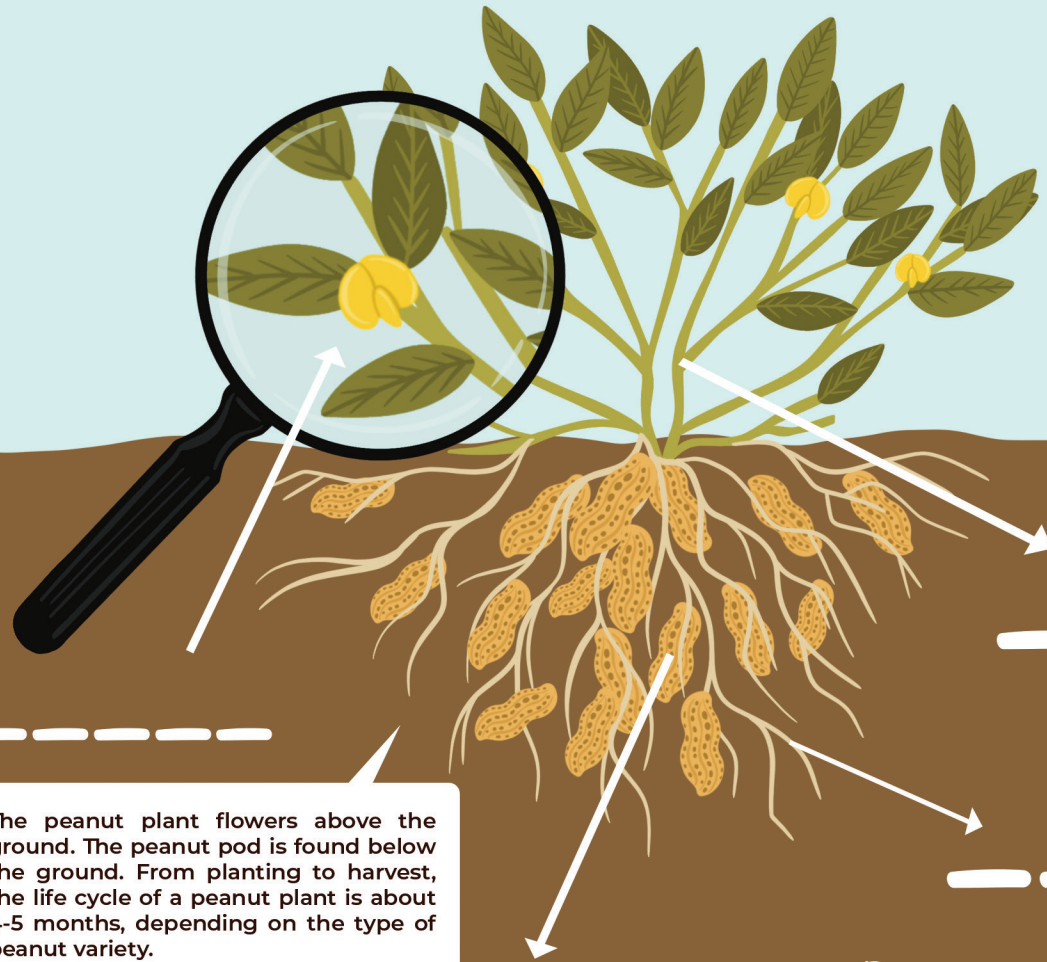
## MEET OUR FARM FAMILY

Pictured: Michael and Anndria Newhouse and their sons, Matthew and Monroe of Donley County, TX.

Michael has been farming side by side with his dad and grandfather most of his life. They raise peanuts, cotton, wheat, hay and cattle on their 1,000 acre farm in the Texas Panhandle.

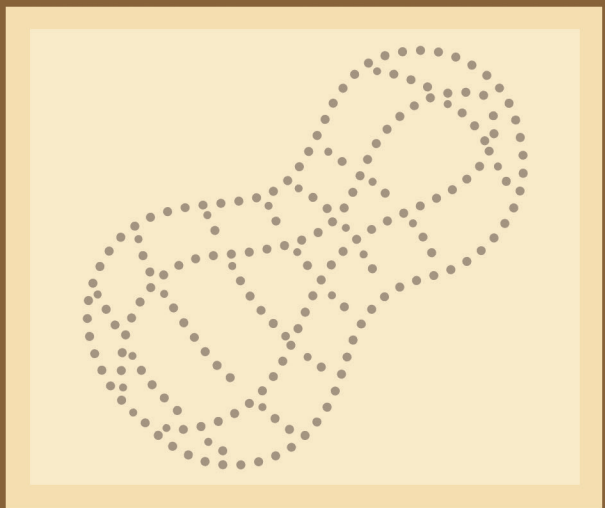


# FARM TO PEANUT



The peanut plant flowers above the ground. The peanut pod is found below the ground. From planting to harvest, the life cycle of a peanut plant is about 4-5 months, depending on the type of peanut variety.

*Draw a Peanut*



LABEL THE PARTS OF THE PEANUT PLANT!

WORD BANK

- |        |      |
|--------|------|
| PEANUT | ROOT |
| FLOWER | STEM |



**FARM FAMILY CONNECTION**

**Farm to peanut:** families like the Newhouses plant peanuts in the spring and harvest (using a combine) in the fall.



# PEANUTS AND THE PLANET

**COOL:** Peanut vines, roots, shells and oil can all be used, nothing is wasted!

Did you know? Peanuts require less water than other nuts!

Technology allows farmers to do more with less, and make decisions that is best for the land, water, and planet.

How do you think farmers use technology on the farm?



## CRACK THE SECRET CODE:

Today's peanut farmers can do more with less. Find out how, by writing the letter that comes before each letter in the alphabet, in the blanks.

U F D I O P H P H Z



**FARM  
FAMILY  
CONNECTION**

**Farmers care:** families like the Newhouses care for the land, water, soil and nature, all while growing a nutritious and delicious product we enjoy!



# HISTORY OF PEANUTS

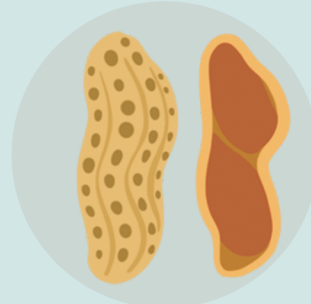
As a small boy, George Washington Carver loved to explore the woods, collecting rocks and flowers. He soon became known as the "Plant Doctor," helping friends take care of sick plants. What do you like to explore in nature?



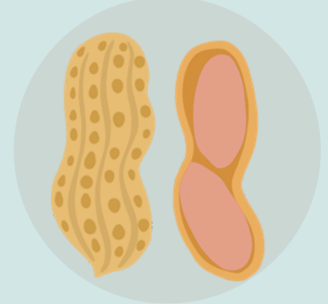
GEORGE WASHINGTON CARVER

George Washington Carver is known as the "Father of the Peanut Industry." He published plant research and invented hundreds of uses of the peanut. He was also a wonderful painter and pianist. The George Washington Carver Museum is located in Austin, Texas.

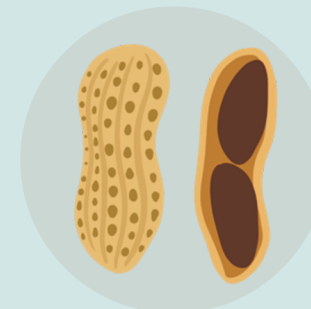
## TYPES OF PEANUTS



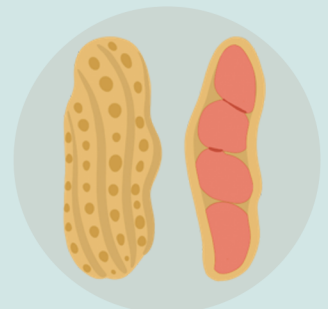
RUNNER



VIRGINIA

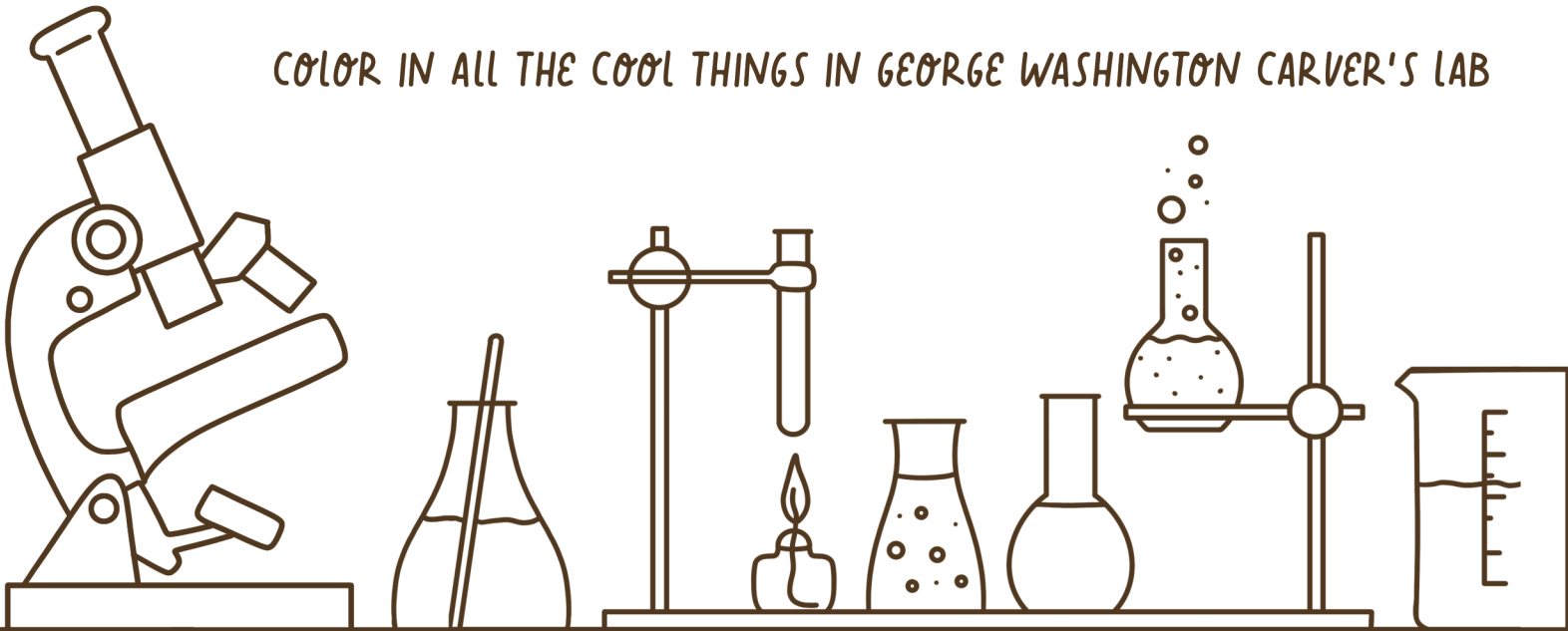


SPANISH



VALENCIA

## COLOR IN ALL THE COOL THINGS IN GEORGE WASHINGTON CARVER'S LAB



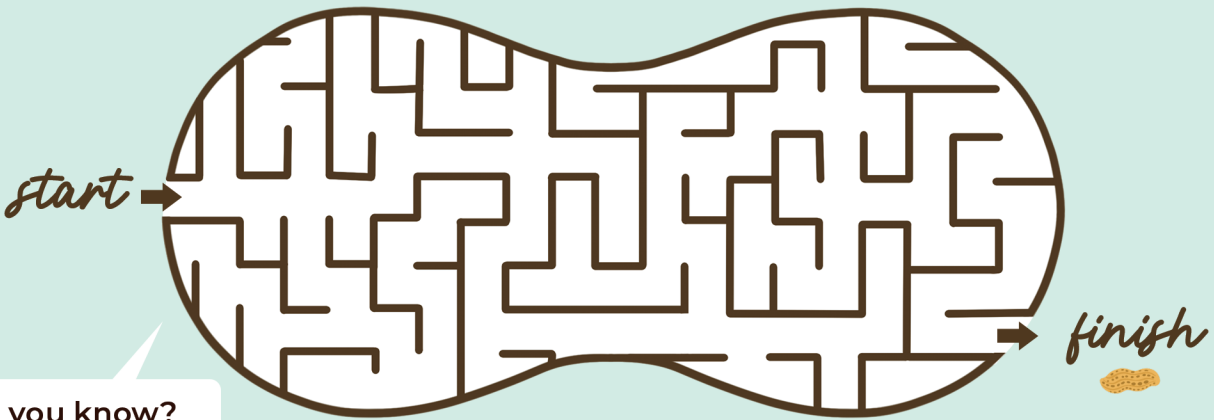
### FARM FAMILY CONNECTION

**Farming today:** The peanut industry and farm families like the Newhouses benefit from George Washington Carver's research.



# PEANUTS AND PROTEIN

COMPLETE THE MAZE TO FIND THE PEANUT



Did you know?  
Peanuts contain  
over 29 essential  
vitamins and  
nutrients.

Peanuts contain essential nutrients to help support your health and fuel your body to do your favorite things.

## MORE PEANUT BUTTER, PLEASE:



Recipe adapted from the National Peanut Board. The K-12 school food service version can be found at [nationalpeanutboard.org](http://nationalpeanutboard.org).

### PB + JELLY ROLLUPS

#### *Ingredients:*

- 10 tortillas
- 1 cup jelly (any flavor)
- 1 ½ cups peanut butter
- 6 cups strawberries, sliced

#### *Directions:*

- Build rollups: scoop 2 tablespoons of peanut butter on center of tortilla and spread to cover one side.
- Top with around 3 teaspoons of jelly and spread evenly.
- Spread ½ cup of strawberries (or fruit of choice) over jelly, spread evenly.
- Fold each side in about 1-inch.
- Roll each tortilla up into a rollup, slice into 4 pieces and serve.



FARM  
FAMILY  
CONNECTION

Farmers feed their families with the same kind of peanuts they raise on their farm and that are found at the grocery store and in your favorite foods.

Texas  
PEANUTS

# COOL FACTS ABOUT PEANUTS

Texas is the only state to grow all four types of peanuts.

The peanut originated in South America. Astronaut Alan Shepard brought a peanut with him to the moon!

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

The average peanut farm is around 200 acres.

One acre of peanuts (about the size of a football field) will make about 30,000 peanut butter sandwiches.

Two peanut farmers have been elected President of the United States: Thomas Jefferson and Jimmy Carter



WRITTEN AND CREATED BY



COPYRIGHT © 2023

DESIGNED & ILLUSTRATED BY MELODY JEFFRIES