



Peanuts and Presidents

Most Popular Peanut
The Jumbo Virginia Peanut is the most common variety in America.

What do George Washington and Jimmy Carter have in common? They were both U.S.

Presidents, southern farmers, and peanut lovers! Our nation's first president was a successful farmer before he took office. He experimented with growing grains for export, and also promoted crop rotation. Carter took over his father's peanut farm and warehouse business upon his death in 1953. He ran a prosperous business, becoming involved in Georgia politics at the same time. He was our 39th president.

Nut vs Pea
Peanuts are really "peas" that look like nuts, and are not really nuts!

Washington's White House Favorite

Peanut soup and Virginia spoon bread were two dishes enjoyed by George and Martha Washington. Try some warm soup on a cold February President's Day!



Peanut Soup

Using a crock pot, simmer 1 cup peanuts in water until soft. Scoop out the peanuts and skin. Chop or mash the peanuts into very fine pieces. In a saucepan over an electric hot plate, bring 1 quart milk to a boil. Add the peanuts and cook slowly for 20 minutes. Remove several spoonfuls of the peanut milk from the crock pot and mix with 2 teaspoons flour to form a paste. Stir into the saucepan, adding 2 teaspoons butter and salt and pepper to taste. Warm and serve.



Peanuts Arrive in America

Peanuts came from Africa with the arrival of slaves. They were used as a cheap and nutritious food for the slaves during the voyage to America. Africans called a peanut a "goober" and discovered it would grow easily in the American south, where most worked as slaves on plantations.



Soft and Crunchy Salad

Peel and slice two bananas and arrange the slices on a bed of lettuce leaves. Sprinkle with diced peanuts and serve with a light coating of mayonnaise.

Fresh Blender Peanut Butter

Pour 2 cups dry roasted peanuts into the bowl of a food processor or blender. Pulse or chop until the nuts are finely chopped. Add 3 to 5 tablespoons of oil, one spoon at a time, until the peanut mixture begins to form a ball. Add 1/4 teaspoon salt and blend a few extra seconds. Scrape bowl and spread.

Peanut Inherits the Crown

Cotton reigned as the king of crops for many years in the south, but a tiny bug, the boll weevil, destroyed entire fields of cotton in the 1880s. George Washington Carver, an American scientist, was an expert on peanuts, and encouraged farmers to burn off their ruined cotton crop and replant peanuts.



Plentiful Peanut Foods



George Washington Carver figured out more than 100 ways to prepare peanuts as food including peanut cheese, peanut butter, and peanut ice cream. He was even able to create a mock chicken dish out of peanuts!

Edible Seeds

The peanut inside the shell is really the seed used for planting a new peanut plant. Some farmers simply crack the outer shell of the peanut and plant it shell and all!

