



# FARM DAY ADVENTURES!

## "The Peanut Edition"

### Learning Objectives

1. Learn about peanut production in NC
2. Learn how to make a delicious and healthy snack!

### Supplies

- 1 Cup Rolled Oats
- 1/2 Cup Peanut Butter
- 1/4 Cup Mini Chocolate Chips
- 3 Tbsp Honey

### Fun Facts

- Peanuts are a multimillion dollar industry for many Southeastern states.
- George Washington Carver was pivotal in the expansion of peanut production.
- He found over 300 uses for peanut besides just food!
- NC raises mostly "Virginia" type peanuts, and are typically marketed "in-shell".

### Peanut Growth & Nutrition

- Peanuts are unique because they flower above ground but their fruit is below.
- Peanuts are in the legume family.
- What is a legume? Legumes are able to fix Nitrogen, the most important plant nutrient, on its own. This helps enrich the soil!
- Peanuts are protein packed, they contain 30 different essential vitamins and nutrients, and are a good source of fiber and good fats.

### Peanut Butter Protein Ball Recipe

- Add all of the ingredients to a medium sized bowl. Use a wooden spoon, large spoon, or spatula to mix everything together.
- Roll into 1-1 ½ inch size balls. Place the balls on a small baking sheet.
- Place the sheet in the refrigerator to chill for 20 minutes. Transfer the peanut butter protein balls to an airtight container and store in the fridge or freezer.
- Optional Ingredients: Hemp Seed, Flax Seed, Protein Powder, Vanilla, Raisins
- Enjoy!!!

### Questions?

1. Can you find a use of peanut other than food?
2. What are legumes and why are they important?
3. Why are peanuts a great food to have as a part of your diet?

### Contact Information

Paige Lilley: [paige\\_lilley@ncsu.edu](mailto:paige_lilley@ncsu.edu)

Dylan Lilley: [dylan\\_lilley@ncsu.edu](mailto:dylan_lilley@ncsu.edu)

North Carolina Cooperative Extension is an equal opportunity provider.

