

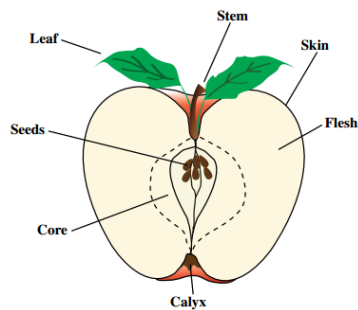
## August/Pizza

- Pepperoni is America's favorite topping. This meat comes from pigs.
- Roughly 1,000 years ago, herb-and-spice covered circles of baked dough grew popular in Italy.
- In 1830, pizza truly began with the opening of the world's first pizzeria in Naples, Italy.
- Pizza Hut is the largest pizza contributor in the world, with 12,583 total restaurants in the U.S. and over 90 other countries.
- Regular thin pizza crust is still the most popular crust. Thick crust and deep dish are tied for second.
- The world's largest pizza measured 37.4 meters in diameter, and was baked in South Africa.
- Kids between the ages of 3 and 11 prefer pizza over all other foods for dinner.
- Mozzarella cheese was originally made from the milk of water buffalo.
- Pizzerias represent 17% of all restaurants.
- More pizza is consumed in the United States on Super Bowl Sunday than any other day of the year.
- Total frozen pizza sales exceed 2 billion dollars each year.
- Each American eats about 46 slices of pizza per year.
- Illinois wheat flour can be blended with higher protein wheat flour for use in thin crust pizza.
- One of the main ingredients on pizza is cheese. Illinois companies produce more than 102 million pounds of cheese each year.
- Pizza comes from the Latin root word Picea which means the blackening of crust by fire.
- The Pizza Expo is held every year in Las Vegas, Nevada.
- The most popular pizza size in the U.S. today is 14 inches in diameter.
- The world record for fastest pizza making currently stands at 14 pizzas in two minutes and 35 seconds.
- Frozen pizzas were introduced to Americans by the Celentano Brothers in 1957.



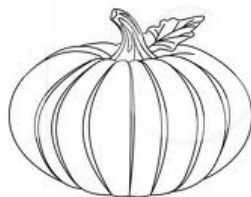
## September/Apples

- Apples come in all shades of reds, greens, and yellows.
- Two pounds of apples make one 9-inch pie.
- 2,500 varieties of apples are grown in the United States.
- 7,500 varieties of apples are grown throughout the world.
- 100 varieties of apples are grown commercially in the United States.
- Apples are grown commercially in 36 states.
- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- Apples are a great source of fiber, containing 5 grams.
- The pilgrims planted the first United States apple trees in the Massachusetts Bay Colony.
- The science of apple growing is called pomology.
- Apple trees take four to five years to produce their first fruit.
- Most apples are still picked by hand in the fall.
- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- The apple tree originated in an area between the Caspian and the Black Sea.
- Apples were the favorite fruit of ancient Greeks and Romans.
- Apples are a member of the rose family.
- Apples can be made into apple sauce, apple juice, or dehydrated apple products.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- It takes about 36 apples to create one gallon of apple cider.
- Don't peel your apple. Two-thirds of the fiber and antioxidants are found in the peel.



## October/Pumpkins

- Pumpkin seeds can be roasted as a snack.
- Pumpkin seeds contain protein and iron.
- Pumpkins contain potassium, which help keep cells of the body running smoothly together, and Vitamin A, which helps with cell growth.
- Pumpkins can be used as feed for animals.
- Pumpkin flowers are edible.
- Pumpkins can be used to make soups, pies and breads.
- Pumpkins originated in Central America.
- Pumpkins range in size from less than a pound to over 1,000 pounds.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The name pumpkin originated from "pepon" – the Greek word for "large melon."
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Pumpkins are fruit because they are the part of the plant that contains seeds.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.
- In colonial times, Native Americans roasted long strips of pumpkin in an open fire.
- Jack-o'-lanterns were made out of turnips until Irish immigrants arrived in America and discovered the pumpkin.
- Pumpkins are low in calories, fat, and sodium and high in fiber.
- Pumpkins contain beta-carotene, which may help reduce the risk of developing certain types of cancer.
- Before a pumpkin can begin to grow, it must be pollinated. Insects like bees help pollinate.
- Native Americans would bake, boil, roast, fry, parch, or dry pumpkins to help through winters.



## November/Soybeans

- The soybean is a legume native to East Asia.
- Soybeans grow in pods similar to peas.
- Farmers in more than 30 U.S. states grow soybeans.
- Soy ink is used to print textbooks and newspapers.
- The soybean is the highest natural source of dietary fiber.
- The livestock industry is the largest consumer of soy meal.
- A 60-pound bushel of soybeans yields about 48 pounds of protein-rich meal and 11 pounds of oil.
- One acre of soybeans can produce 82,368 crayons.
- Each soybean pod contains 2-4 pea sized beans.
- Soy products can be found in cakes and candies.
- During the Civil War, soybeans were used in place of coffee because real coffee was scarce.
- Soybeans are used in plastics, wood adhesives and textiles.
- More soybeans are grown in the United States than anywhere else in the world.
- After harvest, soybeans are stored in grain bins or taken to large storage areas in nearby communities. These storage areas are called grain elevators.
- Soybeans and their products are included in all the food groups except fruits.
- Soybeans are a source of high-quality protein and contain all eight of the essential amino acids.
- The average American consumes nearly half a cup of soybeans in some form each day.
- In 1904, George Washington Carver discovered a method of extracting soybean oil.
- Soybean oil is the most widely used vegetable oil. It is found in salad dressings, bakery goods, and canned goods.



## December/Cranberries

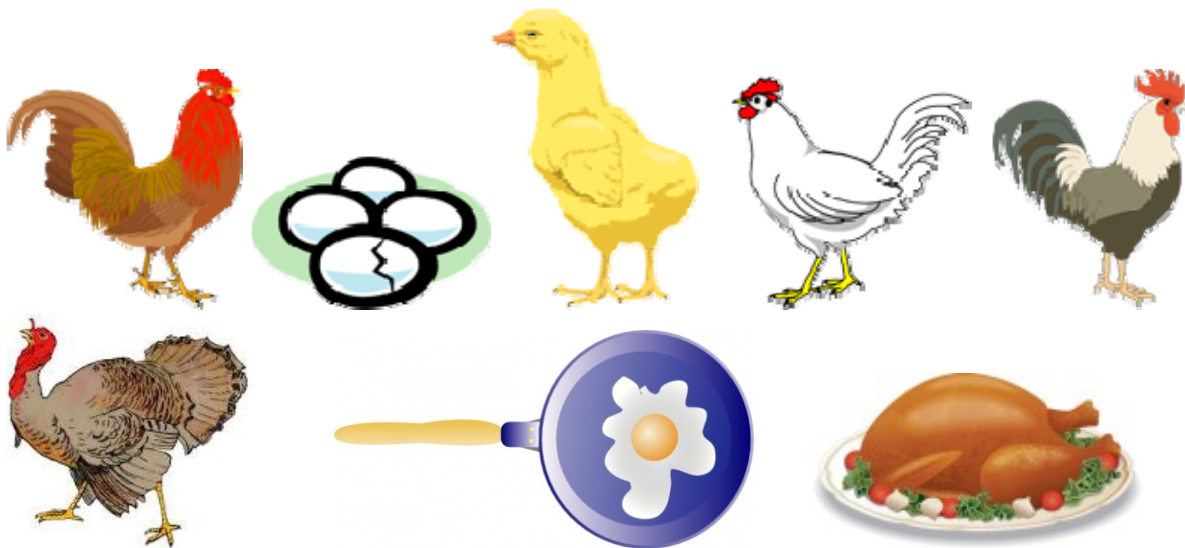
- Cranberries grow on low-trailing vines in sandy marshes.
- Native Americans use cranberries for food, dyes and medicine.
- Pilgrims learned to use cranberries from the Native Americans.
- The cranberry is one of only a handful of major fruits native to North America.
- A barrel of cranberries weighs 100 pounds. There are roughly 450 cranberries in a pound and 4,400 cranberries in one gallon of juice.
- Cranberries bounce! Small pockets of air inside the fruit enable fresh fruit to bounce when ripe.
- During World War II, American troops required about one million pounds of dehydrated cranberries a year.
- Cranberries are a good source of vitamin C, vitamin A, and Beta-carotene.
- Americans consume around 400 million pounds of cranberries each year.
- Twenty percent of U.S. cranberry consumption takes place during Thanksgiving week.
- Cranberry got its name from Dutch and German settlers, nicknaming it the “crane berry.”
- Cranberries score among the highest of all fruits in antioxidants.
- Cranberries are a cholesterol free, fat free and low sodium food, and help maintain a healthy heart.
- Cranberry sauce is a common part of American and Canadian Thanksgiving celebrations.
- New England sailors ate cranberries, a good source of vitamin C, to fight off scurvy.
- In 1930, Ocean Spray Cranberries, Inc. formed as a grower owned marketing cooperative.
- The first commercial canned cranberry sauce was sold by the Cape Cod Cranberry Company in 1912.
- Only 5% of cranberries are sold fresh. The remaining is turned into juice, sauces, and other cranberry products.
- One cup of fresh cranberries contains about 50 calories.
- Cranberries help prevent plaque formation on teeth.





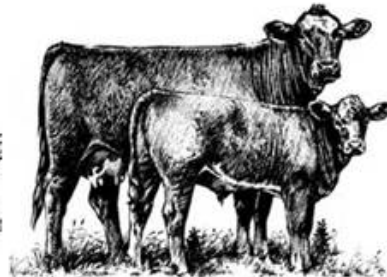
## January/Poultry

- Each year, a person will eat approximately 250 eggs.
- Chickens make sounds with actual meaning. They give different alarm calls when threatened by different predators.
- Male chickens are called roosters.
- The yellow portion of the egg is called the yolk.
- Eggs contain the highest known quality food protein.
- Hens typically need to eat about four pounds of feed to produce a dozen eggs.
- The chicken can travel up to 9 miles per hour.
- The most common poultry in Illinois are chickens and turkeys.
- A hen requires 24 to 26 hours to produce an egg.
- Chickens raised for their meat are called broilers or fryers.
- Once chickens hatch, they are put in a room called a brooder.
- Chickens are usually fed corn, wheat and soybean meal.
- Laying hens sit on eggs for 21 days until they hatch.
- The color of an egg shell has nothing to do with the hen's diet, but specifies the breed of chicken laying the egg.
- There are seven distinctive types of combs on chickens: rose, strawberry, single, cushion, buttercup, pea and V-shaped.
- Only fertilized eggs will hatch.
- The house or cage in which a chicken lives is called a coop.
- Baby chickens are called chicks.
- Most eggs produced today will be at the grocery store within 72 hours.
- Chickens need grit, which is a mixture of angular, hard crushed rock, in their diet to produce eggs.
- The comb is a fleshy crest on a chicken's head and the wattle is the hanging flap of skin under their beaks.



## February/Beef

- Did you know that cattle can see in color, just like us!
- Cattle eat a mixture of grain, hay, grass and supplements.
- Depending on the breed, calves can weigh between 60-100 pounds at birth.
- Each year, the average American eats 64.4 pounds of beef.
- Beef is a good source of ZIP (Zinc, Iron & Protein).
- It takes the hide of 3.8 steers to make 72 footballs.
- Beef cattle have cloven or split hooves.
- Beef by-products help us to use 99% of every beef animal.
- Cattle can eat around 40 pounds of food each day.
- Branding is one way farmers mark their cattle for easier recognition.
- Leather, from cowhide, can be used for footballs, basketballs, gloves, jackets and wallets.
- The cattle family (Bovidae) also includes sheep, goats, goat-antelopes and antelopes.
- Ground beef, roast, sirloins, steaks, ribs, and chuck are cuts of beef that come from cows.
- Cattle arrived in Jamestown colony in 1611.
- Ear tags are one way farmers mark their cattle for easier recognition.
- Ground beef is the most popular form of beef.
- Although a football is called a "pigskin," because it used to be made from a pig, footballs are now made from cowhides.
- There are more than one million cattle operations in the U.S.
- Americans eat about 57 pounds of beef per person in a year.



## March/Pork

- Illinois is one of the top states for pork production.
- Farrowing, in hog farming, means giving birth.
- Mature pigs drink up to 5 gallons of water each day.
- Pigs will weigh about 280 pounds by the time they are four to six months old.
- The *Pork be inspired* brand campaign was launched in 2011 to reach more than 82 million Americans who already cook, eat and love pork.
- There are more than 180 species of pigs. They are found on every continent except Antarctica.
- As pigs grow, they can eat up to 9 pounds of feed per day.
- A pig's tongue contains 15,000 taste buds. For comparison, the human tongue has 9,000 taste buds.
- In Denmark, there are twice as many pigs as people.
- The smallest breed of pig is the Mini Maialino.
- In the old days, sea captains kept pigs on board because they believed that pigs always swam toward the nearest shore.
- Mother pigs are called sows. Baby pigs are called piglets.
- The average person will eat twenty 240 pound pigs in their lifetime.
- A pig beyond the feeder stage, being raised for sale, is called a finisher pig.
- Most pigs are raised indoors to keep them safe from extreme weather conditions.
- Pork is the "Other White Meat" because it is low-fat and nutritious.
- Hot dogs, made from pork, were first introduced to the public in 1904 at the St. Louis World's Fair.
- A pig will eat about 870 pounds of corn and 120 pounds of soybean meal from to reach its market weight.
- Pigs are one of the few animals that will not overeat.
- Bacon is one of the oldest meats in history.
- Oscar Mayer introduced pre-packaged, pre-sliced bacon to America in 1924.
- A pig can run a seven-minute mile!
- Pigs weigh about 2 1/2 pounds at birth.





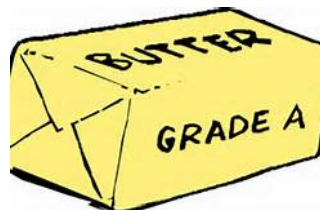
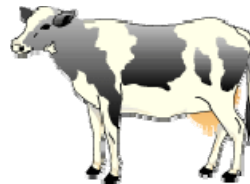
## April/Corn

- One bushel of corn produces enough syrup to sweeten 324 cans of soda pop.
- Sweet corn is sweet because the starch in the kernel turns into sugar.
- Field corn is processed to make products we use every day.
- Corn is grown in every state in the U.S.
- Native Americans taught the settlers of Jamestown how to grow their own corn.
- Americans today consume 16 billion quarts of popped popcorn each year or 52 quarts per person.
- Each corn kernel contains four major components: starch, protein, oil and fiber.
- Tassels, stalks, husks, ears, leaves, roots and kernels are all part of a corn plant.
- Processed corn is soaked and milled (ground) so that the germ oil, starch, gluten and hulls can be separated.
- America's corn farmers are by far the most productive in the world, growing 20 percent more corn per acre than any other nation.
- By the time Lewis and Clark began their expedition from the Illinois Territory in 1804, what we know today as corn had been grown successfully by settlers for more than a century across the continent.
- An acre of corn will give off 4,000 gallons of water per day in evaporation.
- There are several varieties of corn. Some of the more common are sweet corn, field corn and popcorn.
- One bushel of corn weighs 56 pounds.
- The majority of corn grown in Illinois is field corn, which is used for ethanol production, animal feed and processing.
- The Doritos that you eat for lunch are corn-based, not potato-based.
- Corn is made into cornstarch, cooking oil, sweeteners, high fructose corn syrup, cereal, and beverages.
- Biodegradable corn plastic can be used to make forks, straws and drinking cup lids.
- An ear of corn averages 800 kernels in 16 rows.
- More than half of U.S. corn is fed to livestock!



## May/Dairy

- The average dairy cow produces enough milk each day to fill six one-gallon jugs, about 55 pounds of milk.
- It takes more than 21 pounds of whole milk to make one pound of butter.
- All 50 states in the United States have dairy farms.
- The fastest growing variety of cheese produced in the U.S. is Hispanic-style soft cheese.
- A typical dairy cow weighs 1,400 pounds and consumes about 50 pounds of dry matter each day.
- Cheddar cheese is the most popular natural cheese in the U.S.
- It takes 12 pounds of whole milk to make one gallon of ice cream.
- Milk comes from a cow, which is a female that has given birth to a calf.
- The average cow drinks 30-50 gallons of water each day – about a bathtub’s worth.
- Cows have an acute sense of smell, and can smell something up to six miles away.
- Illinois is a large ice cream producing state.
- More than 1,000 new dairy products are introduced every year.
- About 300 varieties of cheese are sold in the U.S.
- All cattle have one stomach with four compartments.
- Plastic milk bottles were first introduced in the United States in 1967.
- More ice cream is sold on Sunday than on any other day of the week.
- McDonalds uses approximately four million gallons of low-fat vanilla yogurt each year in its Fruit ‘n’ Yogurt Parfait.
- The average consumer purchases cheese products at least 15 times a year.
- It takes more cows to produce milk annually for Pizza Hut cheese (about 170,000) than there are people living in Green Bay, Wisconsin.
- Canada, Japan and Mexico are the largest markets for U.S. dairy exports.
- The most common breed of dairy cow found in the U.S. is the Holstein.



## June/Wheat

- The head of a wheat plant is called a spike head.
- A bushel of wheat weighs about 60 pounds.
- A combine cuts the wheat and then cleans and separates the kernels from the plant.
- A wheat head contains 50 to 75 kernels.
- Wheat is grown in 42 states in the United States.
- Spring wheat is planted in the spring and harvested in late summer or early fall.
- To “harvest” means to remove wheat kernels from the wheat plant.
- Wheat contains a lot of protein, which is good for you.
- The wheat from area farms is collected at grain elevators and then shipped to flour mills.
- Illinois produces soft red winter wheat, which is used in cake mixes and pretzels.
- Wheat is used in bread, pasta, cereal, pretzels and licorice.

