

# Eat your way through the alphabet! 2024

## A = Applesauce Cup

Applesauce was the first food eaten in space. Astronaut John Glenn took applesauce with him on his space journey because of its positive effects on digestion.

## B = Barbeque (BBQ)

The first barbecue sauce was likely made with lime juice and hot peppers in 1698 by a Dominican missionary who witnessed French West Indies chefs using these seasonings.

## Baked Beans

The name "baked beans" comes from the process of cooking the beans inside the can, which is first filled with blanched beans, then sauce, and then sealed. Britain is the world's biggest eater of baked beans.

## C = Chicken

Chickens can see more colors than humans. Chickens can communicate with each other using over 30 different sounds.

## Caramel

The original caramel was not enjoyed as a sweet treat but rather used as a beauty product. National Caramel Day is celebrated on April 5<sup>th</sup>.

## D = Donut

The name "doughnut" is a combination of "dough" (referring to the mixture of flour and other ingredients) and "nut." The "nut" part originally referred to a small, rounded, fried cake made from dough, resembling the shape of a nut.

## E = Eclipse

Solar eclipses are fairly numerous, about 2 to 4 per year, but the area on the ground covered by totality is only about 50 miles wide. In any given location on Earth, a total eclipse happens only once every hundred years or so, though for selected locations they can occur as little as a few years apart.

## F = French Fries

Did you know that Americans consume more than 4.5 billion pounds of french fries every year?

Many countries like Canada, Australia, and the Netherlands have french fry vending machines.

## G = Grapes

Grapes grow on vines that can produce up to 20 pounds of fruit each year. Unlike most plants, grapes can tolerate cold winters. 97% of grapes sold in the U.S. are grown in California. Grapes are good sources of vitamin C and fiber.

## H = Hamburger

Burgers are prepared differently around the world than they are here in the US. Chicken and veggies are mostly used to make hamburgers in India, since beef consumption is illegal in some states.

## Honeydew

Honeydew melon contains about 90% water and key electrolytes like potassium, magnesium, sodium, and calcium. The right blend of minerals and water content makes this fruit perfect for maintaining electrolytes and fluid balance post-workout, during illness, or staying hydrated all through the day

### I = Ice Cream

The first ice cream parlor in America opened in New York City in 1776. American colonists were the first to use the term "ice cream." The name came from the phrase "iced cream," which was similar to "iced tea." The name was later abbreviated to "ice cream," the name we know today.

### J = Jicama Sticks

Jicama is also known as Mexican yam bean or Mexican turnip. Raw jicama is very similar to raw apples—light, crisp, and sweet. Unlike apples, jicama does not turn brown when exposed to the air after being cut.

### L = Lemon

Lemons are a cross between a citron and a sour orange. The lifespan of a lemon tree is approximately 50 years, but they can live to be 100 with proper care.

### M = Mango Chunks

Mangoes grow on trees and in tropical regions, including southern Florida and southern California. Green mangoes have more vitamin C than ripe mangoes however as mangoes ripen, they contain more vitamin A.

### N = Nuggets (Chicken)

Who had the first chicken nuggets?

Robert C. Baker invented chicken nuggets in a laboratory at Cornell University in 1963. They were among dozens of poultry products he developed during his career, helping to greatly expand the U.S. poultry industry.

### O = Orange Juice

Humans have been eating oranges for thousands of years. It is believed they originated in Asia, with records of the fruit dating to at least 4,500 years ago in China.

### P = Pizza

Of the more than 5 Billion Pizzas sold worldwide, approximately 3 Billion are sold in the US each year—that's 46 slices a year per person. Did you know, October is National Pizza month.

### T = Tortilla Chips

Thanks to a group of elementary school students, tortilla chips and salsa became the official state snack of Texas in 2003. They proposed the idea to their state representative after learning that Texas had a state dish, a state pepper, and a state fruit but no state snack.

### Taco

Why are tacos called tacos? The word "taco" is quite new. It originated from Mexican silver miners in the 18th century. Gunpowder was wrapped in a paper like a "taquito" and inserted into rocks before detonation. By this time, tacos were known as the food of the working class, which included miners.

### W = Waffle Fries

Waffle Potato Fries were first rolled out in 1985 and turned the French fry industry upside down. The name for crinkle-cut potatoes is "waffle fries". This name is derived from the fact that the potatoes are cut in a way that resembles the shape of a waffle.

### Watermelon

The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt. Early explorers used watermelons as canteens. Watermelon's official name is *Citrullus Lanatus* of the botanical family Cucurbitaceae. It is cousins to cucumbers, pumpkins and squash.

### Wildcard: Sugar Snap Peas

Snap peas, like all other peas, are pod fruits. An edible-podded pea is similar to a garden, or English, pea, but the pod is less fibrous, and is edible when young. Pods of the edible-podded pea, including snap peas, do not have a membrane and do not open when ripe.