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“Quote of the Week”

The only reason people get lost in thought is because it is unfamiliar territory.

UNITED Fresh Potato Growers of Colorado

# Fresh Facts

## Food Facts from AgDay.org

### Corn Poppin' Facts

Popcorn pops because water is stored in a small circle of soft starch in each kernel. As the kernel is heated, the water heats, the droplet of moisture turns to steam and the steam builds up pressure until the kernel finally explodes to many times its original volume.

- Americans today consume 17.3 billion quarts of popped popcorn each year! The average American eats about 68 quarts!

### Cherrific!

- There are about 7,000 cherries on an average tart cherry tree (the number varies depending on the age of the tree, weather and growing conditions). It takes about 250 cherries to make a cherry pie, so each tree could produce enough cherries for 28 pies!

### Head Strong

- Lettuce is a member of the sunflower family.
- Americans eat about 30 pounds of lettuce every year. That’s about five times more than what we ate in the early 1900s.

**About 25% of all iceberg lettuce is made into fresh cut salads.**

### Berry, Berry Good for You!

- Michigan and New Jersey produce 66% of all the blueberries in the United States, followed by North Carolina, Oregon and Washington.
- Over 200 million pounds of blueberries are grown every year in North America..

### Macaroni Mania

- Pasta is one of America’s favorite foods. Last year, 1.3 million pounds of pasta were sold in American grocery stores. If you lined up 1.3 million pounds of 16 oz. spaghetti packages, it could circle the Earth’s equator almost nine times!

### An Apple a Day

- Washington state grows the most apples in the U.S.
- The apples from one tree can fill 20 boxes every year.
- Fresh apples float because 25 percent of their volume is air.

### Pizza Perfect

- Americans eat approximately 100 acres of pizza each day, or 350 slices per second.

### Broccoli Basics

- We are eating 900% more broccoli than we did 20 years ago.
- In 1970, consumption of broccoli was only a half a pound per person. Today, the average person in the United States eats four and one half pounds a year.

