

The Peanut Sun-Times

November 2009 News from the Texas Peanut Producers Board



November is Peanut Butter Lovers Month!

Peanut butter has become a staple in Texas households and across America. Did you know it even had its own month?

November was named "National Peanut Butter Lovers' Month" to celebrate each year the great taste and nutritional benefits of peanut butter. More peanuts are used to make peanut butter than any other peanut product.

To promote this tasty month, the Texas Peanut Producers Board will be sending peanut butter product baskets to TV weathermen across the state of Texas to encourage them to mention Peanut Butter Lovers' Month on the air.

So, whether you eat peanut butter on a cracker, with bread and jelly, or by the spoon, be sure to enjoy America's favorite snack during the month of November!

Peanut butter and autumn: The perfect combination

This fall season remember to use peanuts and peanut butter in all your autumn treats!

Peanuts and peanut butter make a great tasting and healthy addition to any fall snack. Peanut butter cookies, peanut caramel apples and peanut popcorn balls all make great tasting snacks for fall parties and holiday gatherings,

In this issue of the Peanut Sun-Times, we are sharing a couple of our favorite tasty fall treats with you in hopes that you will make peanuts a part of your autumn get-togethers.

While you're enjoying America's favorite snack this fall, peanut farmers in Texas will be completing the 2009 peanut harvest. Last year, Texas farmers produced over 860 million pounds of peanuts, making it the largest peanut crop in the state's history!

To learn more about how peanuts are grown and how the Texas Peanut Producers Board is helping farmers produce great tasting peanuts, go to TexasPeanutBoard.com or follow the TPPB blog at TexasPeanutBoard.blogspot.com.



Recipe

Classic Peanut Butter Cookies

Ingredients: 1 cup unsalted butter, 1 cup crunchy peanut butter, 1 cup white sugar, 1 cup packed brown sugar, 2 eggs, 2 1/2 cups all-purpose flour, 1 teaspoon baking powder, 1/2 teaspoon salt, 1 1/2 teaspoons baking soda

Directions: Cream together butter, peanut butter and sugars. Beat in eggs. In a separate bowl, sift together flour, baking powder, baking soda, and salt. Stir into batter. Put batter in refrigerator for one hour. Roll into one inch balls and put on baking sheets. Flatten each ball with a fork, making a criss-cross pattern. Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown. Do not over-bake.



Recipe

Peanut Caramel Apples

Ingredients: 1 cup butter, softened, 2 cups packed brown sugar, 1 (14 ounce) can sweetened condensed milk, 1 cup light corn syrup, 1 teaspoon vanilla extract, 1/2 cup chopped roasted peanuts, 10 Gala apples - peeled, cored and sliced, 1/2 cup butter, 3/4 cup packed brown sugar, 1/4 cup white sugar, 2 tablespoons flour, 2 teaspoons ground cinnamon, 1/2 teaspoon ground nutmeg, 1/4 cup chopped peanuts

Directions: Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish. Place 1 cup butter, 2 cups brown sugar, condensed milk, corn syrup, and vanilla extract in a pan over medium-high heat. Stirring constantly, bring mixture to a boil. Lower heat to medium, and continue to stir while mixture simmers for about 12 minutes. Remove from heat, and stir in 1/2 cup peanuts. Place apples in a mixing bowl. Pour in the caramel sauce, and toss gently to coat apples. Pour into the prepared pan. To make the crumb topping, use a pastry blender or two forks to mix 1/2 cup butter with 3/4 cup brown sugar, white sugar, flour, cinnamon, and nutmeg in a mixing bowl until crumbly. Stir in 1/4 cup peanuts. Sprinkle over the top of the apples. Place baking dish on a cookie sheet to prevent spills while baking. Bake in preheated oven until top is crisped and apples can be pierced with a fork, about 45 minutes.



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