

Georgia Peanuts: The Superfood to Bank On!

Georgia Peanut Bank Week

October 12-16, 2020



GBA
GEORGIA BANKERS ASSOCIATION
the resource that empowers



Georgia
Peanut
Commission

Cultivate Your Campaign

- Treat your customers to a taste of the South by providing peanut samples and a lasting impression with peanut lapel pins.
- Contact local media (newspapers, radio stations, TV stations, etc.) to spread the word! Have them host a local broadcast or develop a story on-site.
- Visit our website (www.gapeanuts.com) for additional recipes, information and more.

Bet Your Bottom Dollar: Ideas That Work

- Door prize drawings bring a multitude of new opportunities to market for customers.
- Develop personalized products to promote your financial institution (piggy banks, stress balls, tape measures, etc).
- Boiled or fried peanuts are always a crowd-pleaser. Bring in a new customer base, as well as your loyal customers, by providing these delicious and nutritious items to promote your institution.
- Your County Extension Coordinator (UGA Extension) is a good source of information on peanut production in your county. Ask them to include your promotion in their newsletters. You may also ask them to set up a display on peanut production or provide general peanut facts in your area.

It is human nature to be competitive. Use this to promote your celebration by hosting:

- A peanut dessert recipe contest: Announce the deadline for contestants to enter sometime during Bank Week. Have the contestants bring in their dessert along with a written recipe as their submission. Have guest judges such as your city's mayor, county commissioner, school board member, etc., to announce the winner of your contest. Provide a prize to the winner (i.e., a \$25 savings bond) and promote their recipe on your website or in your newsletter. If you choose, send the recipe to the Georgia Peanut Commission for consideration to be included in the 2021 Georgia Peanut Bank Week recipe brochure.
- A peanut poster contest: Involve the school system by offering elementary school students the opportunity to design a poster that best symbolizes the relationship between Georgia peanuts and banking. Once again, provide prizes to the winners and hang the first, second and third place winning posters in your institution for everyone to see.
- Host a peanut butter drive: Peanut butter is a shelf-stable item and often requested by food banks. Try hosting a friendly competition between branches of your bank or with other banks in your community.

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Georgia Peanuts Fact Sheet

“The Official State Crop of Georgia”

Peanuts are planted in
74 out of **159**
counties in Georgia.



Water Use

Peanut plants use less water than comparable sources of nutrition. Peanuts use 4.7 gallons of water per ounce of peanuts.



Chemical Use

Peanuts are hardy, nitrogen-fixing plants, meaning they need less fertilizer and pesticides.



Resource Use

Less use of water, fertilizers and pesticides mean peanut production has a reduced carbon footprint.



The
Peanut
Belt

50%

Georgia farmers produced 50% of the peanuts grown in the United States in 2019. In fact, Georgia farmers produced more than . . .

1.38 million tons

Georgia Peanuts were harvested on

660,000 acres in 2019.

Yielding an average of

4,200 pounds per acre.

PEANUTS:
A Superfood with
Super Powers

7g
Protein

19
vitamins and
minerals

Helps lower
cholesterol

Reduce
risk of heart
disease and
cancer

ONE
SERVING
PER DAY. *Endless Benefits.*

2019 Top 10 Counties Certified Peanut Acres

Mitchell	36,929 acres
Decatur	31,256 acres
Worth	28,499 acres
Coffee	27,343 acres
Irwin	26,544 acres
Early	26,518 acres
Miller	26,391 acres
Colquitt	22,374 acres
Bulloch	21,172 acres
Seminole	20,957 acres

Source: USDA Farm Service Agency

Live a Longer, Healthier Life with Peanuts!

Peanuts are a \$2 billion industry in the state of Georgia.
Learn more online at GaPeanuts.com.

Classic Peanut Recipes

GEORGIA BOILED PEANUTS*

Wash in-shell peanuts thoroughly in cool water, then soak in clean cool water for about 30 minutes before cooking. Put peanuts in a saucepan and cover completely with water. Add 1 tablespoon of salt for each pint of peanuts. The cooking period for boiled peanuts varies according to the maturity of the peanuts used and the variety of the peanut. The cooking time for a “freshly pulled” green peanut is shorter than for a peanut that has been stored for a time. The best way to prepare them is to cook them as soon as they are picked. There is no firm method for cooking boiled peanuts. The shells of some peanuts absorb more salt than others, so it is best to begin with 1 tablespoon of salt per pint of peanuts. Then add more salt to taste later. The texture of the peanut when fully cooked should be similar to that of a cooked dry pea or bean. Boil the peanuts for about 35 minutes, then taste. If they are not salted enough, add more salt. Taste again in 10 minutes, both for salt content and to see if the peanuts are fully cooked. If not ready, continue tasting every 5 minutes until they have a satisfactory texture. Drain peanuts after cooking, or they will continue to absorb salt and become oversalted.

** You should use only green in-shell peanuts, which are peanuts pulled before they reach maturity. Green peanuts are only available in late summer or early fall.*

ROASTING

Conventional Oven Roasting (“Parching”)

Place raw peanuts, in-shell or shelled, one layer deep in a shallow baking pan. Roast in a 350-degree oven – 15 to 20 minutes for the shelled and 20 to 25 minutes for the in-shell peanuts. Remove peanuts from heat just short of doneness desired, as peanuts continue to cook as they cool.

Oil Roasting (“Southern Fried”)

- 2 cups raw shelled peanuts
- 2 cups peanut oil or enough to cover peanuts

Put peanuts into a colander or frying basket. Submerge in peanut oil preheated to 350 degrees and fry for 5-7 minutes (these will not have a charred look to be done cooking). Drain on paper towels. Sprinkle with salt. Serve warm. For an unusual snack, add 1/4 teaspoon garlic powder or chili powder for each cup of peanuts. Mix thoroughly and serve warm.

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Peanut
Commission

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