

10 FUN FOOD FACTS

By Dana Harrison-Tidwell

- > **Avocados** have about 60% more potassium than bananas, and are excellent sources of Vitamins B, E, and K, as well as folate. A medium avocado, however, contains about 25% of the USDA's recommended allowance of fat. They also have the highest calorie content of any fruit.
- > The **Bizcochito** was adopted in 1989 as the official cookie of New Mexico. This declaration made New Mexico the first state to have an official cookie.
- > **Camel's milk** is higher in fat and protein, and has ten times more iron than cow's milk. It cannot, however, be churned into butter using the traditional methods used with cow's milk.
- > There are edible **cheeses** made from the milks of horses, donkeys and even moose. America is the world's top producer of cheeses at over 18 million metric tons per year, while Greece leads the pack in cheese consumption at over 27.3 kilograms per-person per-year.
- > While **chiles** are very high in Vitamins C and A, green and yellow chiles provide significantly less of these two vitamins than equal amounts of red chile.
- > Nearly 2,000 **coffee** cherries are required to produce one pound of ground coffee. The world's rarest coffee is called Kopi Luwak, comes from Indonesia, and costs around \$300 per pound.
- > The Tibetan **goji berry** (also called the wolfberry or western snowberry) contains, ounce for ounce, more iron than steak, more vitamin C than oranges, and more beta carotene than carrots.
- > Pure natural **honey** is the only food in the world that virtually does not spoil. The sugar content is so high, most bacteria and other harmful agents cannot live in it. Enough microbes can become trapped in honey, though, that it is dangerous to feed to infants.
- > America's best selling flavor of **ice cream** is ... vanilla. Less expensive brands are often made not with vanilla but a synthetic product called vanillin, and can be whipped to a volume of as much as 50% air.
- > **Saint Pascual** is considered the patron saint of kitchens, cooking and domestic animals, particularly in New Mexico.

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