

Arachis hypogaea

The Peanut

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General

- The peanut is a species in the legume family (Fabaceae).
- Its annual herbaceous plant that grow 30cm to 40cm
- The peanut was first domesticated in the valley of Peru
- Peanut is also known by local names as earth nuts, ground nuts, goober peas, monkey nuts, pygmy nuts, and pig nuts

History

- The domesticated peanut is a amphidiploid, or allotetraploid which has two sets of chromosomes.
- *A. duranensis* and *A. ipaensis* are thought to be the two species that combined to form the wild tetraploid species *A. monticola*.
- *A. monticola* gave rise to the domesticated peanut

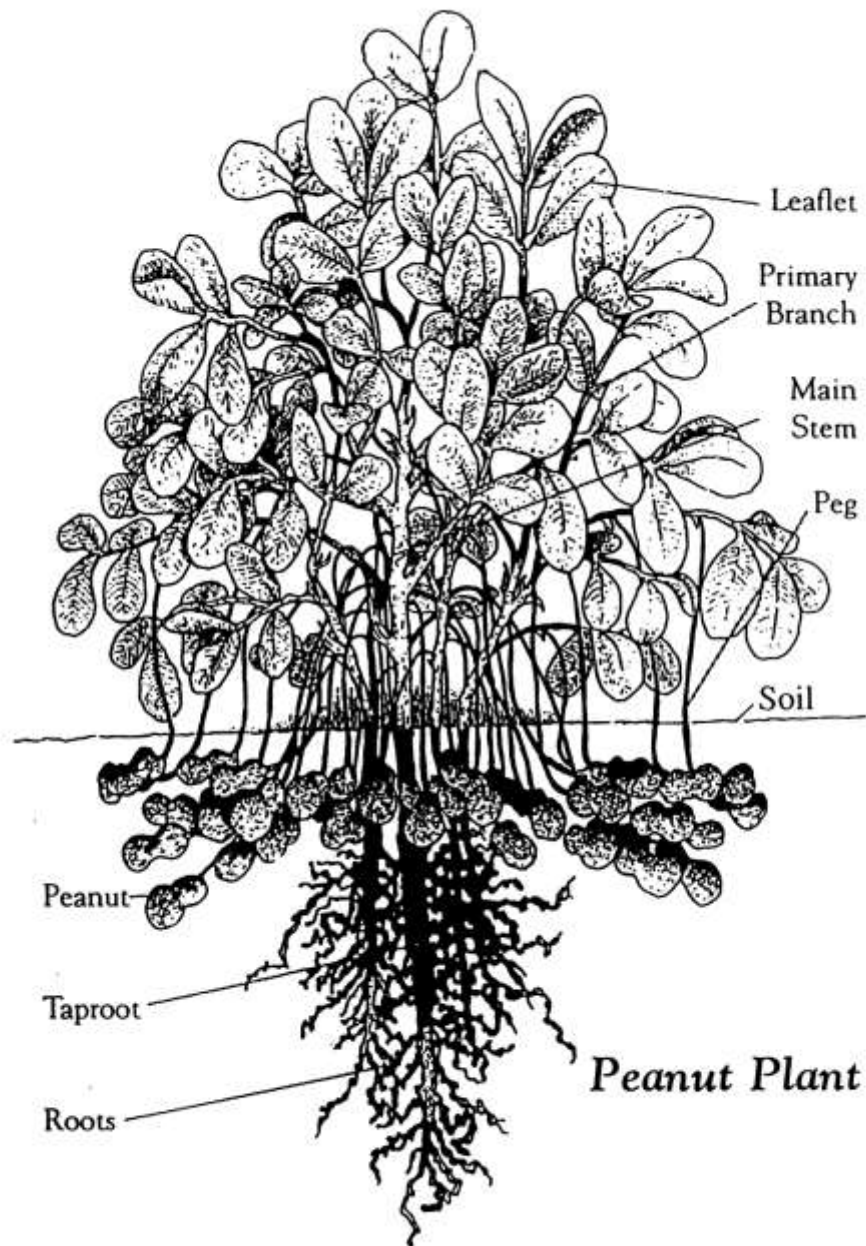
History II

- The domestication might have taken place in Paraguay or Bolivia, which is where the wildest strains grow today
- Archeologist have dated the oldest specimen to be 7,600 years old, which was found in Peru.
- The plant spread world wide by European traders

Cultivation

- Flowers are self pollinated
- The entire plant is removed including roots during harvesting
- the pods ripen 120-150 days after seeds are planted
- Grow best in light sandy soil





Cultivars

- There is thousands of peanut cultivars grown but there is only 4 main groups.
- There is the Spanish, Runner, Virginia, and Valencia. There is also the Tennessee red and white groups.
- They use different ones because each one has a different size, shape, oil content, flavor, and disease resistance.

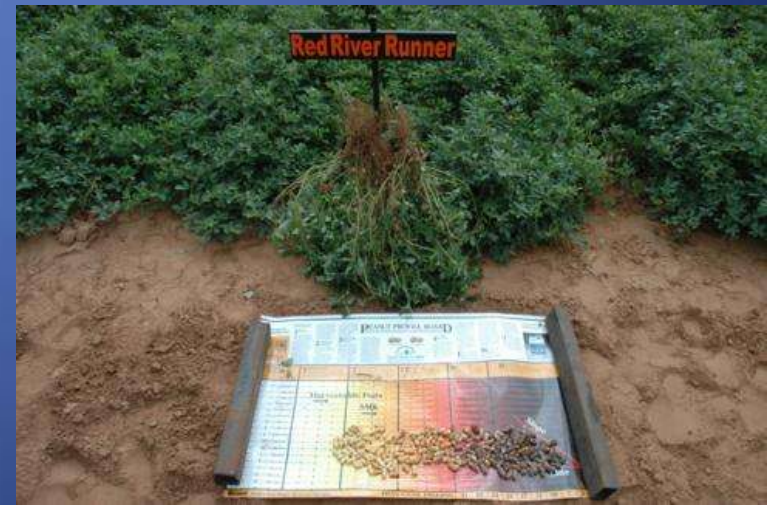
Spanish

- Spanish types are grown in South Africa.
- Spanish peanuts have a higher oil content than other peanuts.
- In the United States they are grown mainly in Oklahoma and Texas.
- The Spanish peanut is used for peanut candy, salted peanuts, and peanut butter.



Runner

- Since the 1940's there has been a shift to the Runner Peanut in the U.S.
- The Runner has good flavor, better roasting characteristics, and higher yield.
- Most Runner peanuts are used to make peanut butter.



Virginia

- The Virginia group are cultivated in 7 States.
- They are increasingly popular because of there large size.
- This makes them good for roasting in the shell.
- The Virginia is marketed normally in its shell.



Valencia

- The Virginia groups have red stems and large foliages.
- These have the best flavor and most preferred for boiling types.
- These types are 3 seeded with smooth seeds and no constriction between the seeds.
- Also marketed mostly in the shell.



Flour

- Peanut flour is lower in fat than peanut butter.
- Popular chefs use peanut flour because of its high protein content and enhanced flavor.
- It's also used as a gluten free substitute



Nutrition

- Peanuts are used to help fight malnutrition because of their high protein and energy content.
- Peanuts provide over 30 essential nutrients and phytonutrients.
- They contain 25% protein which is higher than any other true nut.

Health

- Research has shown that in peanuts they have found antioxidants and other chemicals that may provide health benefits.
- Roasted peanuts have more antioxidants than blackberries and strawberries and have more than carrots or beets.
- Roasting can actually increase p-coumaric acid levels

Allergies

- 1-2% of the U.S. population have mild to severe allergic reactions to peanuts.
- A study has shown that about 23% of children will out grow there peanut allergy.
- A hypothesis to why there is such a high allergy content is because of how the peanuts are processed.
- Roasted peanuts are the main cause.

Producers/Trade

- Major producers/exporters of peanuts are United States, Argentina, Sudan, Senegal, and Brazil
- However, China and India are the biggest producers. They use their peanuts mainly for peanut oil.
- 50% of what U.S. produces is done with in a 100 mile radius of Dothan, Alabama