# Peanut

## **Background**

- The peanut is not a nut but a legume
- Originally native to Peru and Bolivia, it is now grown world wide
- Production requires a sandy soil, warm weather and generous quantities of water

#### Life of a Peanut



Day 0 - Nut



Day 14 - Germination



Day 21 - Seedling



Day 25 - Young plant

### **Nutritional Value**

- Peanuts provide over 30 essential nutrients and are a good source of fibre
- Peanuts contain 25% protein and provide 570 kcal energy per 100g serving

#### **World Top 8 Peanut Producers** Production Country % (million tonnes) China 14.3 42 India 6.3 18 **United States** 2.3 6.8 Nigeria 1.6 4.5 1.3 Indonesia 3.6 Burma 1.0 2.9 Sudan 0.9 2.5



#### **Uses for Peanuts**

- The nuts can be used for food, edible oils and to make peanut milk.
- The residues from oil extraction are used in animal feeds and fertilizers.
- Peanuts are also used in the manufacture of paint, varnish, lubricating oils, leather dressings, furniture polish, insecticides and nitro-glycerine.
- The shells can be used in polymers, abrasives, biofuels, cellulose and glues.
- Low grade peanuts are sold as bird food.







