

# Kid's KOrner

## Potato is hot the world over

WASHINGTON, D.C. — Mashed into a side dish or fried into fast food, the potato is easy to underestimate. But potatoes are actually the world's bread and butter, according to the International Potato Center in Lima, Peru. Potatoes

yield more nutritious food more quickly on less land and in harsher climates than any other major food crop.

This amazing vegetable is a South American native brought back to Europe from Peru by 16th-century conquistadors. Its own world conquest now complete, King Potato grows in more countries than any crop except corn.

Robert E. Rhoades of the International Potato Center writes in the May issue of National Geographic: "The average annual crop (291 million tons) could cover a four-lane superhighway circling the world six times."

Produced in 130 of the world's 167 independent countries, one year's crop is worth \$106 billion at consumer prices, Rhoades reports.

Potatoes are fourth, after wheat, corn, and rice, in world production, but because of multiple harvests, yield the most protein and food energy per acre.

They are remarkably adaptable; potatoes grow from below sea level behind Dutch dikes to almost 14,000 feet up in the chilly Andes and Himalayas, from the Arctic Circle to the Strait of Magellan, and in the scorching deserts of Australia and Africa.

Rhoades notes that tomatoes, tobacco, and eggplants are related to the potato, but the sweet potato is not — even though its Indian name, batata, became the English word potato.

The familiar brown oval spud belongs to the species *Solanum tuberosum*, one of eight cultivated throughout the world. Most of the world's crop and all potatoes grown in the United States belong to this species.

In the Andes, however, farmers cultivate all eight species, embracing as many as 3,000 of 5,000 or

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## Food & Fun



An Irish lad carries recently harvested potatoes home for his family's dinner. Valued worldwide for nutrition and versatility, spuds grow in more countries than any crop except corn. Although potatoes are native to South America, the Irish and East Europeans lead the world in per capita consumption.

### Looking for something to do? Bake cookies!

Kids, do you often find yourself asking mom, "What can I do?" When swimming, baseball, television and pets begin to become a bore, why not try your hand in the kitchen? Summer vacation is the perfect time to learn to cook.

Not only will you be teaching yourself a new hobby and having some fun, but you can treat your family and help mom - to which you're sure to get a reward whether it be a new toy or a big hug.

Below are two delicious recipes so easy and fun to make. Crispy Cookies takes no baking, but you may want mom to help you the first time you boil the syrup and sugar.

The second recipe, Brownie Thumbprint Cookies, allows you to leave your personal mark on each cookie. But be sure your hands are clean first!

#### BROWNIE THUMBPRINT COOKIES

- 1 pkg. brownie mix
- 1/2 c. finely chopped pecans
- 1 c. powdered sugar
- 2 T. soft butter
- 1 T. cream
- 1/4 t. vanilla

Make up brownie mix. Drop batter by teaspoonfuls into the chopped nuts. Roll into balls. Place 1-inch apart on lightly greased baking sheet. Bake in 350 degree oven for 12 minutes. Remove from oven; quickly press thumb gently into top of each cookie. Cool. Blend the powdered sugar, butter together. Stir in cream and vanilla until smooth. Drop a spoonful of mixture into the thumbprint of each brownie.

#### CRISPY COOKIES

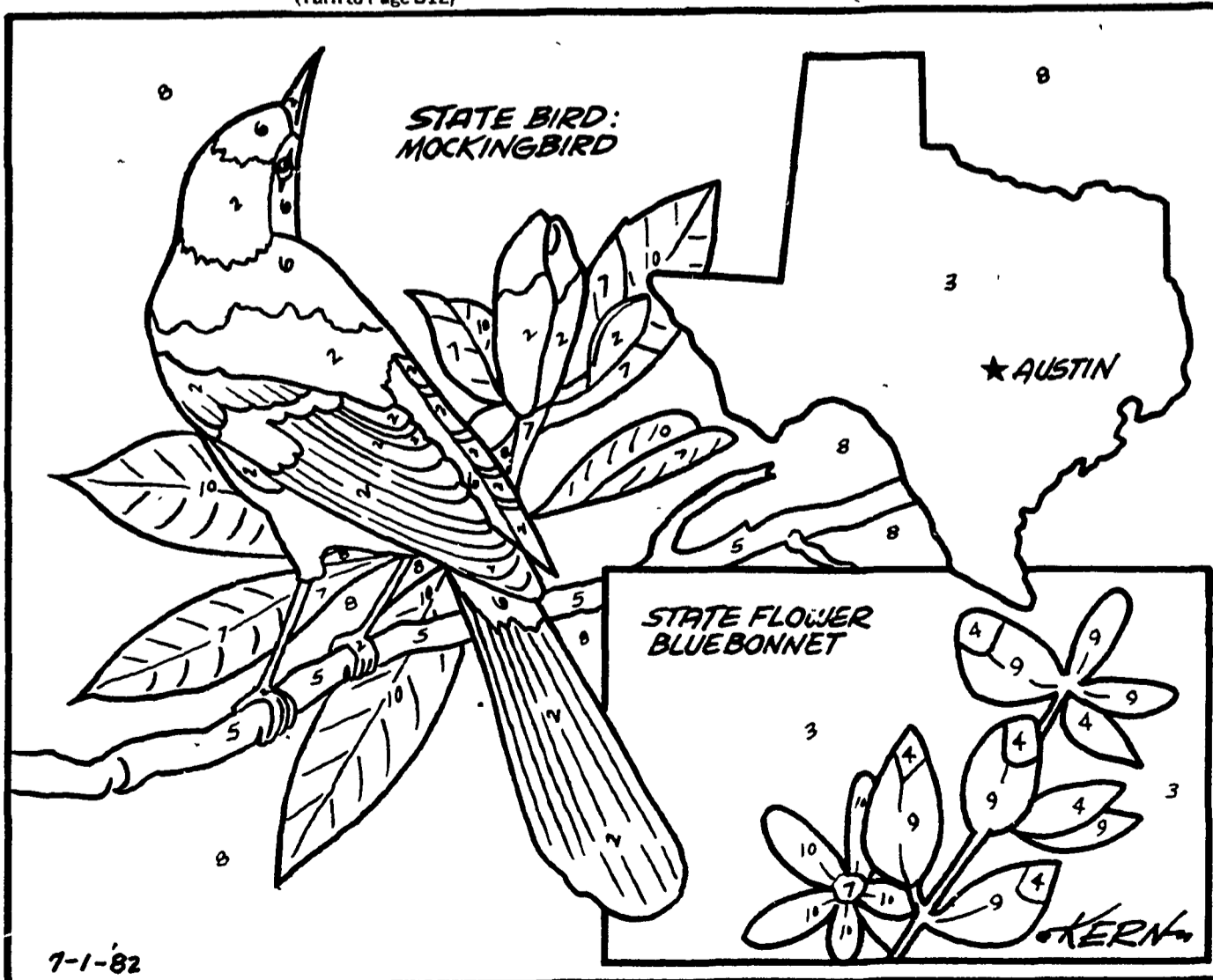
- 1 c. light corn syrup
- 1 c. sugar
- 1 1/2 c. smooth peanut butter
- 4 c. crisp rice cereal

Heat syrup and sugar to boiling. Remove from heat and add peanut butter and cereal. Mix well. Drop by teaspoons onto oiled cookie sheet. Cool.

## COLOR THIS!

- |             |               |
|-------------|---------------|
| 1. BLACK    | 6. LT. GREY   |
| 2. DK. GREY | 7. GREEN      |
| 3. YELLOW   | 8. PEACH      |
| 4. BLUE     | 9. LT. BLUE   |
| 5. BROWN    | 10. LT. GREEN |

TEXAS IS CALLED THE "LONE STAR STATE" BECAUSE OF THE SINGLE STAR ON THE STATE FLAG. IT IS THE NATION'S SECOND LARGEST STATE. IT COVERS MORE TERRITORY THAN MICHIGAN, WISCONSIN, IOWA, ILLINOIS AND INDIANA PUT TOGETHER. NO OTHER STATE COMES CLOSE TO THE BILLION BARRELS OF CRUDE OIL PUMPED IN ONE YEAR FROM THE OIL FIELDS. THE ALAMO IS CALLED THE BIRTHPLACE OF TEXAS LIBERTY.



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