

The Mini Page

Issue 22, 2020

Founded by Betty Debnam

Next Week:
Checks and balances

Yum! Summer Foods



photo by Jay Hsu

Mini Fact:

Vanilla is Americans' favorite flavor of ice cream.

What's your favorite summer food? Now is the time to enjoy juicy fruits, fresh vegetables and all-American traditions.

Let's learn more about some of our summertime standards.

Ice cream

One of the first frozen desserts was made nearly 2,000 years ago. Runners brought snow from the mountains to Roman Emperor Nero. He flavored it with honey and juices.

In the late 1200s, the Italian explorer Marco Polo brought a **sherbet** recipe home from Asia. (Sherbet is made with ice and milk.)

In the 1700s, ice cream was popular in America as well. Presidents George Washington, Thomas Jefferson and James Madison were big fans.

When rivers froze in the winter, people often collected the river ice. They then stored it in sawdust in special ice houses to make ice cream in warmer weather. But few could afford it.

In the 1900s, electricity and refrigeration made ice cream a treat for everyone.

Apple pie

Apple pie is so popular in the United States that we say, "As American as apple pie."

Apple pie was probably invented in England. When the Pilgrims came to America,



they brought apple seeds and recipes with them.

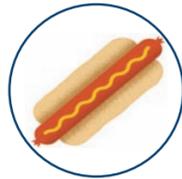
In the late 1700s, a preacher, John Chapman, began traveling through the Ohio and Indiana frontier, planting apple trees. For about 50 years, he taught settlers how to grow the trees. People began calling him Johnny Appleseed.

Hot dogs

Americans eat about 20 billion hot dogs every year!

No one really knows who invented the hot dog. Experts believe that German immigrants brought sausage-making recipes to America in the late 1800s.

Some German immigrants also brought over their long dachshund dogs. A sausage served in a bun was called a "dachshund sausage" or "little-dog sausage." College students started calling them "hot dogs."



Images by Evan Terry

Watermelon

Watermelon was first grown in Africa thousands of years ago. In some African areas during dry spells, watermelons were the only source of water.



European colonists brought watermelons to America.

What are some of your favorite summer foods and traditions? Share and compare your list of the tastiest summer foods with a friend or sibling.

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Fresh tomatoes

Tomatoes ripened outdoors in the sun are a special summer treat.

Tomatoes have been grown in South and Central America for centuries.

Spanish explorers brought tomatoes from Mexico to Europe in the 1500s. However, many Europeans thought they were poisonous and refused to eat them.

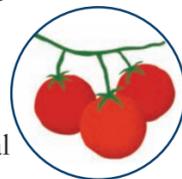
The legend is that in 1820, a man who liked tomatoes, Col. Robert Johnson, ate tomatoes in front of a crowd in Salem, New Jersey. Everyone thought he would die before their eyes. When he didn't, people began to believe tomatoes were safe to eat.

Corn on the cob

Corn on the cob is from a variety called "sweet corn," and is best eaten before the corn kernels are fully grown.

Only about 10 percent of the country's corn crop is eaten by people. About half the corn is used to feed livestock. The rest is used to make products including syrup, fuel, oil, paint, medicine, cloth, starch and paper.

Native Americans living in the area of Mexico were eating corn, or **maize**, 10,000 years ago. By the time Europeans arrived, people throughout the American continents were eating corn.



Resources



On the Web:

- bit.ly/MPfoods

At the library:

- "Mr. Goo Goes Food Tripping: Famous Food and Delicacies in North America" by Baby Professor

Try 'n' Find

Words that remind us of summer foods are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



AFRICA, AMERICAN, APPLE, CORN, DACHSHUND, EAT, FOOD, FUN, HOT DOG, ICE CREAM, MAIZE, MILK, PIE, SAUSAGE, SEEDS, SHERBET, SUMMER, TOMATO, TRADITION, WATERMELON.

X A C I R F A B B W W Q V N C
N P M A I Z E M M S A D S R A
S R R E M M U S A E T O H O P
T N A C I R E M A E E O E C P
D A C H S H U N D D R F R T L
U G T O M A T O D S M C B A E
I K L I M V F U N Y E D E E J
J N O I T I D A R T L X T C P
S A U S A G E Z N D O S B W I
Y N L H O T D O G G N A M L E

Cook's Corner

Green Beans With Tarragon

You'll need:

- 2 cups fresh green beans, trimmed
- 1/2 teaspoon salt
- 1/2 cup water
- 1 stalk celery, chopped
- 1/2 cup chopped red bell pepper

- 1/4 cup chopped onion
- 2 teaspoons olive oil
- 1/2 teaspoon tarragon
- 1/2 teaspoon lemon pepper



* You'll need an adult's help with this recipe.

What to do:

1. Boil green beans and salt in 1/2 cup water in a saucepan until crisp-tender, about 5 minutes. Run green beans under cold water to stop the cooking process. Drain.
2. Meanwhile, combine remaining vegetables in separate pan with olive oil.
3. Sprinkle spices on top and cook on medium heat until tender, about 5 minutes.
4. Add vegetable mixture to green beans and stir to combine. Serves 4.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.



1. it falls from an oak tree (5) _____
2. passage through a mountain (6) _____
3. crunchy vegetable stalk (6) _____
4. person sentenced to jail (8) _____
5. they grow on trees (6) _____
6. cart pulled by a horse (5) _____
7. rock band member (7) _____

ON	CEL	AL	ORN
MIN	DR	ER	WAG
ERY	AC	VES	CRI
NEL	LEA	TUN	UMM

Answers: acorn, tunnel, celery, criminal, leaves, wagon, drummer.

Mini Jokes



- Frank:** What did the baby corn say to its mom?
Fern: Where's pop corn?

Eco Note



Do you help with grocery shopping? If you learn to read nutrition labels on foods, you can try to find a cereal that's low in added sugars. Compare frozen pizzas and vegetables; which are lower in sodium (salt) and fat, and higher in fiber, vitamins and calcium? Pay attention to serving sizes on things like peanut butter. And snack on fresh fruits, like blueberries or apples, or dried fruits, such as raisins, instead of candy.

adapted from fda.gov

For later:

Look in your newspaper for grocery ads or notices about farmers' markets in your area.

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