

Five Foodie Fun Facts For Friday #1

Description

Food encompasses our lives and is typically on our minds the majority of the day. Of course our loved ones always have a place in our thoughts, but don't you ever think about what to *feed* your loved ones? See, you can think of food and loved ones simultaneously.

Sadly, too many people only view food as something they eat and either tastes good or not. There is so much more to food than we realize and it affects more than our taste buds. From skin, hair, mind, how we function and recover, etc. food is a major player.

If you haven't noticed, I'm a huge advocate of real food and try my damndest to limit packaged products. Sure, there are many healthy packaged options, but whole foods trump all.

I could go on forever, but I'll save that for another day and another post. Today, I'd like to start the first of a series of fun facts revolving around food. Some may be funny, some may be serious, but hopefully all will be of interest.

Going Mom and I went out last night to use her Mother's Day gift I got her to attend a BYOB painting class. The chosen item to paint was a jellyfish and I'll be sure to share our pictures soon.

For now, enjoy these facts and please feel free to share your own in the comments below. Happy Friday!

- 1. Broccoli and cauliflower are the only vegetables that are also flowers!**
- 2. Onions, apples and potatoes all have the same taste. The difference in flavor is caused by their smell. Pinch your nose and try it – they will all taste sweet.**
- 3. Lettuce is the only vegetable never sold frozen, canned, or processed in any way, it's only sold as fresh lettuce.**
- 4. The meat from a fast food hamburger can come from up to 100 different cows.**
- 5. Best for last!..The largest living organism is a mushroom in Oregon's Malheur National Forest. It has been growing for 2,400 years, killing trees along the way. The giant fungus covers 2,200 acres with an average depth of 3 feet into the ground.**

Stay tuned for the second installment of foodie fun facts if for no other reason than the joy of knowing it's Friday!

And, of course I have to share a photo of Avery. Here she is working on her pull ups.



Then she just came over to say "œhi.œ•



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