

Five Foodie Fun Facts for Friday #2

Description

Alright, it's Friday!! I'm willing to bet the clock is watched more often on Friday than any other day of the week. What do you think?

In an attempt to be consistent with my Friday Fun Facts that I [first posted last week](#), I present to you another installment of 5 foodie fun facts you may or may not know.

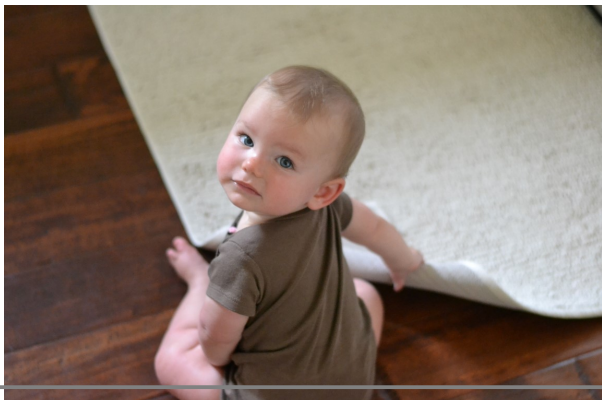
Posting these almost every Friday shouldn't be a problem because I'm learning new things about food as well. And, as many of my friends, family, and readers might know, I'm pretty into food.

1. **Popcorn pops because water is stored in a small circle of soft starch in each kernel. As the kernel is heated, the water heats, the droplet of moisture turns to steam and the steam builds up pressure until the kernel finally explodes to many times its original volume.**
2. **The same chemicals that give tart cherries their color may relieve pain better than aspirin and ibuprofen; about 20 tart cherries a day could reduce inflammatory and headache pain.**
3. **The banana plant can grow up to 20 feet tall, which is the height of a two-story house. This large tropical plant is really an herb which means it does not have a trunk like a tree. The stalk is composed of leaf sheaths that overlap each other and grow from an underground stem called a rhizome.**
4. **Egg shells have as many as 17,000 tiny pores, and can other absorb flavors and odors. Keeping them in their cartons helps to maintain freshness and flavor! Egg yolks are one of the few foods that naturally contain Vitamin D.**
5. **One bushel of corn will sweeten more than 400 cans of soda.**

I love making air-popped popcorn, and thought it was cool to know exactly how those little guys come out of their shell and turn into those fluffy, white puffs that are fun to eat. Much better than using them to make soda!

Tomorrow, Saturday, our little family will be going to visit several other families nearby. I met the dads through a dad blogger's group on Facebook, and one of them offered to have everyone come over with their wife and kids.

Hopefully Avery is cooperative and has a good nap so we can head over there in the early afternoon.



Who me? Of course I'll be good!

I've already explained my peculiar food ways after they generously offered several things to eat, but I think we're on the same page with having good beer!

We are looking forward to a good time and getting to meet new people. The kids coming over vary in age, and I think the one closest to Avery's age is 11 months, so maybe they'll have something to err, blabber about.

<http://instagram.com/p/qaBHmnDRn-/?modal=true>

Any plans for the weekend?

Ever meet up with others that you met online?

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