

7/21/24

# How Much Do You Know About...

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Estimated play time: Approximately 15 minutes

Number of players: Unlimited

Supplies needed: Tokens (for scorekeeping); Prizes (small) for winner(s)

Suitable for visually impaired players.

## Overview:

In this game, we look at one subject in depth – it could be a person, place, event, or thing. This week, let's see how much you know about ... **NUTS**. (The culinary type, of course.)

## Instructions:

1. This game can be played by individuals or teams.
2. Read the first question. Discussion is permitted among teammates. Prior to the start of the game, a method to signal when a team is ready to answer must be determined. Ringing bells and New Year's blowers are just two inexpensive noisemakers. Raised hands work, but the host must be vigilant to watch for whose hand went up first. The host always has the final say in any disputes.
3. After a team is recognized as the first to signal, they may give one answer. If the first answer is incorrect, the other teams may 'buzz' in and answer.
4. Keep score (10 points for each answer) after each question is answered correctly. Play until all questions have been asked and answered.

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**INSTRUCTIONS:** Just answer the questions to find out how much you know about this week's subject ... **NUTS.**

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1. In the cycle of development of this tropical tree, flowers form first, and then a pear-like fruit forms. At the end of the fruit, a single curved or kidney-shaped nut forms, which is popular around the world as a snack or for use in cooking. What nut is it?
2. Although this well known food is considered a nut, it is actually a legume (like lentils or chickpeas). It is the only nut that grows underground; and it is also the most popular nut in the US, comprising 67% of all nut consumption.
3. This nut, which originated in Syria, Iran, Turkey, and a few other neighboring countries, is one of the only two nuts mentioned in the Bible. It grows in bunches, somewhat like grapes; and when it is ripe, its hard shell partially opens with an audible popping sound.
4. This nut originated in Australia, but was introduced to Hawaii in the 1920s. Difficult to grow, but highly prized for its rich buttery taste, it is one of the most expensive nuts on the market.
5. These trees were once so prolific on the US east coast that it was said a squirrel could travel from Maine to Florida by jumping from one to the next without touching the ground. Unfortunately, a disease, introduced at the end of the 19th century, caused a mass extinction of these trees and their large edible nuts.
6. This nut is used extensively with chocolate to produce truffles and chocolate spreads, such as Nutella.
7. When we buy this nut, it looks roughly like a hard, brown, slice of an orange; but before it was harvested, about 12-15 of these nuts were encased together in a coconut-like shell. When the shell was opened, the nuts were indeed packed together like oranges. It's also interesting to note that, despite its name, the largest exporter of this nut is the country of Bolivia.

8. A good way to harvest these small nuts is to wait for the cone in which they are contained to open and drop from the tree to the ground. The cone is then placed in a burlap bag and the bag is struck against a hard surface until the seed is released. These seeds, sometimes slightly toasted, are delicious addition to salads and sauces.
9. This nut is native to the American south and is famous as the main ingredient in a southern pie and for its use in pralines, especially in New Orleans.
10. This nut (the other of the only two nuts mentioned in the Bible) is in the same class with the peach and apricot, distinguished by the “corrugated” shell that surrounds the seed. The US is the largest producer of this nut, and almost the entire crop is grown in California. One of the most versatile nuts, it is not only eaten as a snack, but is also used in candies such as marzipan and nougat, pastries, cookies, and ice cream. It is also made into a spreadable butter, a baking flour, a milk, and a paste.
11. This nut, native to the tropical rainforests of Africa and high in caffeine, was little known in Western culture until the late 19th century when it was first used in a new type of beverage.
12. This is not a question, but it's interesting to note that several of the nuts discussed above are not true nuts, but seeds. Some examples of true nuts, botanically speaking, are chestnuts, hazelnuts/filberts, acorns, and beechnuts.
13. Finally, these may be a little off topic, but see if you can come up with these nut-related answers:
  - a. A traditional Christmas ballet by E.T.A. Hoffmann.
  - b. The entertainment franchise that includes the characters Charlie Brown, Snoopy, Lucy, Linus, and Woodstock.
  - c. The reigning Competitive Eating Champion of the World.

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## ANSWERS

1. Cashew. (It is interesting to note that the cashew fruit is usually eaten locally, because its thin skin makes it too fragile for export.)
2. Peanut
3. Pistachio
4. Macadamia
5. Chestnuts. Chestnuts were notable for the large, round, spiny capsules that contained the nuts. A popular way to prepare the nut is just to score the shell and roast it on an open fire.
6. Hazelnut. (Filbert is also correct.)
7. Brazil Nut
8. Pine nuts. (Pignoli is also correct.)
9. Pecan
10. Almond
11. Kola nut . The Kola nut was also sometimes used medicinally for treating asthma and whooping cough. This explains why Coca-Cola was invented by a pharmacist, who initially thought of his new beverage as a medicine.
12. ----
13. Nut-related Answers:
  - a. *The Nutcracker*
  - b. *Peanuts*
  - c. Joey Chestnut