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Issue #00432







#### **TIDBITS® CONSIDERS** ORIGINS OF FRUITS & VEGGIES

by Janet Spencer

The word "vegetable" comes from the Latin "vegetabilis" meaning growing and flourishing. The word "fruit" comes from the Latin "fructus" denoting proceeds, profits, produce, and income. Come along with Tidbits as we consider where our fruits and veggies originated!

#### IN THE BEGINNING

- Tomatoes originated in Peru. The name comes from the Aztec "xitomatl," which means "plump thing with a navel." They were often thought to be poisonous when introduced to areas outside of Peru, and it's true that all parts of the tomato plant other than the fruit are indeed poisonous. The tipping point in their popularity came when pizza became popular. Today Americans consume 30 pounds (13.6 kg) of tomatoes per person, per year. Over half of that is in the form of processed tomato products such as ketchup and tomato sauce. Salsa recently outpaced ketchup in sales. California produces 96% of the tomatoes processed in the U.S.
- · Carrots originated in the regions around Afghanistan. The first carrots that were grown were purple in color. Orange carrots later originated in Holland. Carotene is the chemical which makes carrots orange. If you ingest enough carotene, it will turn your skin a yellow-orange color.

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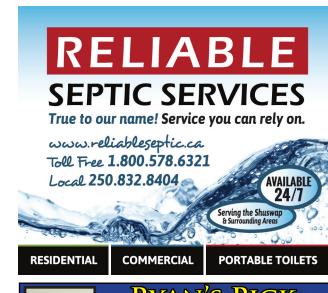


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#### **ORIGINS OF FRUITS & VEGGIES**

- Potatoes originated in the Peruvian Andes. The Incas called them "batatas." They were eating potatoes 2,000 years before Columbus set sail. There are over 5,000 kinds of potatoes growing in the Andes— so many types that the local language has 1,000 different words for potato. The Incas even measured time by how long it took a potato to cook. When the Spanish Conquistadors overran the land, they had never seen anything like the potato. They were forced to eat the strange new food when their own food supplies ran low. The potatoes they introduced to Europe turned out to be far more valuable than the gold that they killed for, but it took some doing to convince the European populace to try them out.
- · Sweet potatoes, which originated in Central and South America, are a member of the morning glory family, which is a vine. They are not actually a type of potato at all. Potatoes are a member of the nightshade family, which is not a vine. Yams are from an African tropical vine that isn't related to either the sweet potato or the potato but is related to lilies and grasses. Sweet potatoes have orange, red, or yellow skin and pale yellow flesh. True yams have a black or brown skin that looks like bark, and either white, purple, or red flesh. The word "vam" comes from an African word "njam" meaning "to eat."
- Today, yams are grown around the world, but West Africa is still where 95% of yams are grown. In the U.S., over 50% of the country's sweet potatoes are grown in North Carolina.
- Sweet potatoes have more vitamin A than any other vegetable.



#### TRIVIA NEWSFRONT

- 1. Pound for pound, which fruit contains the highest concentration of sugars?
- 2. Worldwide, which is the top-selling fruit?
- 3. Which is the only fruit with green flesh?
- 4. What vegetable is never sold cooked, canned, or frozen, but only fresh?
- 5. What vegetable is eaten at one-third of all meals in the U.S.?



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- The Cedars of Lebanon had round, hard orangecolored cones (like pine cones), and the word for cedar was "citron." When a new fruit showed up that resembled them – the lemon – it too was dubbed "citron." This is the origin of the word "citrus" which actually means "cedar."
- Most types of citrus originated in southeastern Asia and India. Many modern varieties were developed in China and Malaysia and transplanted across Asia and Europe.
- The Sanskrit word "naranga" meaning "fragrant" passed into French. The French word "or" means "gold" so "naranga" became "orange," meaning "gold and fragrant."
- Tangerines first appeared in Tangier, a city in Morocco. (A person from Tangier is also called

#### TRIVIA NEWSFRONT ANSWERS

- 1. Cherry
- 2. Mango 3. Kiwi
- 4. Lettuce
- 5. Potato
- a Tangerine.) Mandarin oranges originated in China, where they speak Mandarin. Clementines may be named after Father Clement Rodier who hybridized them in an orchard in Algeria.
- The demand for lemons and their scurvypreventing properties hit a peak during the

continued pg. 4

by Jeff Pickering

The Spats







- \* Before removing a splinter, ice the area. There will be less fussing, and a wooden splinter might absorb some liquid, causing it to swell enough to pop out a bit more.
- \* "I used the mileage counter in my car to come up with several 2-mile routes for walking. Now I can vary my routine and be assured that I've walked 2 miles, which is my goal. I just drive from my house until I hit a mile on the trip odometer, and then I walk to that spot and back." -- I.L.
- \* Use a tea infuser ball for aromatherapy. Apply several drops of essential oils to a cotton ball and place it inside the infuser basket. Then simply hang it to distribute the scent. You can hang it from a light bulb or even in front of the air handler for your air conditioning or heating intake.
- \* "If you're looking to give yourself a bit of traction on icy sidewalks, be careful what you use. While kitty litter is a much-recommended solution, when it melts, you're left with a slippery pile of clay. Salt can de-ice a sidewalk, but it definitely will kill plants, so be precise, and don't use too much of either. I carry a baggie of sand in my bag and keep a small bucket for the steps. It's not perfect, but it works." -- T.
- cracked. I grabbed a wine cork and threaded it on the screw. It stays in place and is never hot when I need to remove the top. Plus it looks cute." -- E.T.
- \* "The knob came off my pot lid because it

"I only stayed married to him so I could sue the tobacco company!"

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by Samantha Weaver

- \* It was noted Irish author and wit Oscar Wilde who made the following sage observation: "There are only two tragedies in life: one is not getting what one wants, and the other is getting it."
- \* The very first CD of a musical recording was made in 1982. The album was "The Visitors" by Swedish pop superstars ABBA.
- \* Immigrants arriving at New York's Ellis Island in the early years (1892-1920s) were given bananas to eat. Many had never seen a banana and didn't know how to eat one -- some ate the whole thing, peel and all.
- \* In the small African nation of Swaziland, the Civil Aviation Authority has set a ceiling of 500 feet on light aircraft. These aircraft, as well as kites and remote controlled toys, are not allowed to go above that limit. Also included in the category of light aircraft are broomsticks. Any witch who flies

on a broomstick above that limit is subject to a fine of more than \$50,000 and possible arrest.

- \* If you're thinking about moving to another country, you might want to consider Finland. In that country, employees are offered, on average, 44 paid vacation days every year. Of course, you might want to consider that even in the warm southwestern part of the country, winters last about 100 days, with snow covering the ground from mid-October to early May.
- \* The name of the state of Iowa (unsurprisingly) comes from a Native American language. The original word, "ayuxba," means "sleepy ones."
- \* Early science-fiction author E.E. "Doc" Smith wasn't just a writer; he also was an engineer. He's the guy who figured out how to get powdered sugar to stick to doughnuts.

Thought for the Day: "To be capable of embarrassment is the beginning of moral consciousness. Honor grows from qualms." --John Leonard

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### Weekly Sudoku Puzzle Sponsored by

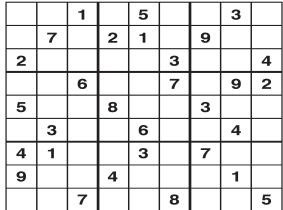


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## Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

#### **DIFFICULTY THIS WEEK:** ◆◆◆

◆ Moderate ◆◆ Challenging

**◆◆◆** HOO BOY!

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# King Crossword

#### **ACROSS**

- 1 Venomous viper
- 4 Incense
- 8 Pop
- 12 Ball-bearing item
- 13 Beelzebub's doings
- 14 From square one
- 15 Supreme Court Justice Thurgood —
- 17 Calm before the storm
- 18 Comedian Rivers
- 19 Refuge
- 20 Downright
- 22 Road's shoulder
- 24 Hard to find
- fection
- 29 "- Got a Secret"
- 30 Left-hand page
- 31 Ostrich's cousin
- 32 Union
- 34 Valhalla VIP
- 35 Loathe
- 36 Loses traction
- 37 Drive away
- 40 "Wozzeck" composer
- 41 Summertime treats
- 42 Thatcher
- 46 Command-

- 10 12 13 14 15 17 16 18 19 21 22 23 20 24 25 26 27 28 29 30 31 32 33 34 35 36 39 40 37 38 42 43 44 45 46 47 48 49 50 51
- ment starter 25 Almond con- 47 Birthright bar
  - terer 48 Historic peri-
  - 49 Huge amount 10 Place to buy
  - of 50-Across 50 See
  - 49-Across 51 Tarzan's creator's mono-
  - **DOWN**
  - 1 \$ dispenser

gram

- Vast expense 23 Gaelic
- 3 Storyteller in court
- Terrible guy?
- 4 Detox center

- 6 "- Abner"
- 7 Right angle 8 Sandwich
- sausage 9 Burden
- 8-Down
- 11 Piercing tools 16 Slightly
- 19 Ricelike pasta 38 Canyon phe-20 — and proper
- age 22 Cleopatra's
- boat
- 25 Vegan's no-no
- 26 Distinguished ancestry
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# 11

27 In the thick of 28 Sisters

- 30 Test tube 33 Variety of
- macaque 34 Gumbo base
- 36 Music transition
- 37 Ceremony
- nomenon
- 21 Volcanic spill- 39 Lowly worker 40 Author Stoker
  - 42 Encountered 43 "- was saving ..."
  - 44 Mess up
  - 45 Bill

# **HOCUS-FOCUS**



Find at least six differences in details between panels.



different. 4. Hair is different. 5. Knob is moved. 6. Sleeve is shorter. Differences: 1. Button is added. 2. Straw is moved. 3. Pillow is

# **CryptoQuip**

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals P

VD YNM CELQVOU IEBQVOF LHYKKFR DNOBHVYOVOU, V VIEUVOF CF'R QVMF E LKVO RYBHYM.

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#### **ORIGINS OF FRUITS & VEGGIES**

California Gold Rush of 1849. As a result, lemon trees were planted throughout California.

- California used to be the top orange-producing state, but Florida surpassed California in 1942 and now produces three times as many oranges as California. The average difference in rainfall between Florida and California amounts to an extra 1,140,000 gallons per acre falling on Florida.
- California and Arizona produce 95% of the entire U.S. lemon crop. California produces more lemons than all of Europe.
- The cantaloupe likely originated in southern Asia and Africa. Today, true cantaloupes are rarely exported and difficult to find in the U.S. The American version is actually a muskmelon. It's the same family, same genus, but different species. Cantaloupes were named after the town where they became popular in Italy, and the town was named after the Cantaluppi Castle. The word "cantaloupe" means literally "howling wolves" in Italian. The cantaloupe (or muskmelon) is higher in vitamin A than any other fruit.
- Bananas were cultivated as early as 1,000 B.C., originating in the tropical rain forests of Southeastern Asia. They spread to tropical regions all over, as sailors planted cuttings to assure a steady food supply on long voyages. The Arabic word "banan" means "finger" and that's where we get the word "banana."
- Bananas were first imported to the U.S. in 1804 when a ship brought 30 stalks to New York from Cuba. They were introduced to the public at the Philadelphia Centennial Expo in 1876 and sold for 10 cents each, equal to \$10





today.

- Within just 20 short years at the end of the 1800s, bananas went from being a novelty item to surpassing apples as America's best-selling fruit. One reason for the banana's skyrocketing popularity is that they are available year-round because they are harvested constantly. Nearly all other fruits are seasonal.
- India grows 20% of the world's bananas, but exports few of them because bananas grown in India are eaten in India. Other countries such as Ecuador export nearly 100% of their crop. Bananas don't grow well in Florida because they cannot tolerate overnight temperatures that fall below 60 F (15 C).
- Onions probably originated in central Asia, and their cultivation began around 7,000 years ago. The onion is a vegetable that belongs to the genus Allium. "Allium" is Latin for garlic, and the allium genus includes garlic, scallions, shallots, leeks, and chives. Around 750 plants belong to the Allium genus. Some are edible and others ornamental.
- The word "onion" springs from the Latin word

# GOOD HOUSEKEEPING ONE

Healthy French Toast

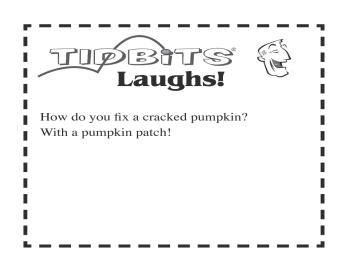
Our slimmed-down take on this Sundaymorning favorite is practically saintly. Subbing in low-fat milk and egg whites gives it half the fat and a third less cholesterol than traditional French toast. Plus, it's a cinch to whip up. One more blessing in disguise: You can still serve it with maple syrup, which is naturally fat-free.

- 2 large egg whites
- 1 large egg
- 3/4 cup(s) low-fat (1%) milk
- 1/4 teaspoon vanilla extract
- Salt
- 2 teaspoons margarine or butter 8 slices firm whole-wheat bread Maple syrup (optional)
- 1. Heat oven to 200 F. In pie plate, with whisk, beat egg whites, egg, milk, vanilla and 1/2

teaspoon salt until blended. In 12-inch nonstick skillet, on medium heat, melt 1 teaspoon margarine.

- 2. Dip bread slices, one at a time, in egg mixture, pressing bread lightly to coat both sides well. Place 3 or 4 slices in skillet, and cook 6 to 8 minutes or until lightly browned on both sides.
- 3. Transfer French toast to cookie sheet; keep warm in oven. Repeat with remaining margarine, bread slices and egg mixture. Serve French toast with maple syrup and berries or other fruit, if you like. Makes 4 servings.
- \* Each serving: About 300 calories, 9g total fat (2g saturated), 56mg cholesterol, 755mg sodium, 46g total carbohydrate, 6g dietary fiber, 12g protein.

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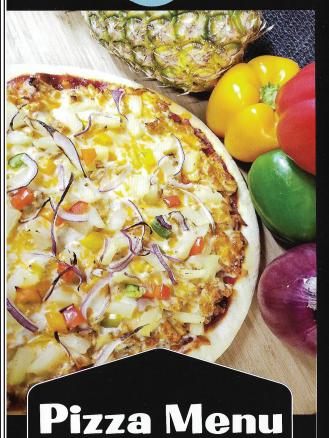
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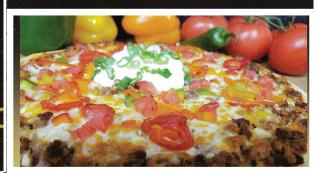
#### **Angry Taco**

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Regular - 12" & Large - 14"



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Power up your swing at Blind Bay Memorial Hall Hall Tomlinson offers a 6 week course to improve your swing Starting Feb.13, 1PM Contact Agnes to register 250-253-5200 blindbayhall@gmail.com

**3rd Annual South Shuswap Seed Swap.** Saturday, February 29th, Sorrento Memorial Hall. 10am to 3pm. 1150 Passchendaele Road. Featuring local GMO Free seeds and produce. For more info please call Rebekah Smith at 250-253-1414

Blind Bay Community Society. A Work Shop With Anita McComas Loose and Animal Acrylics Learn how to capture the feeling of an animal in a least realistic style, using expressive strokes. March 21 10 to 3 PM Contact Agnes at 250-253-5200 email blindbayhall@gmail.com

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Register: blindbayhall@gmail.com

Would You Like To Do Something To Help Bring Peace To Our Troubled World? Join us at Salmon Arm Meditation Center this Sunday, Feb. 1st for Prayers for World Peace. 11-11:45 AM @ Entrance #130 2960 okanagan ave SE. A guided meditation, short talk & prayers to benefit this world. Everyone welcome!

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"unio" meaning "one" or "unity" or "union."

• Onions can be yellow, red, or white, but 87% of onions grown and consumed in the U.S. are yellow. Worldwide, 75% of onions grown are yellow.

# MEMORABLE MOVIES KILLER TOMATOES

- One night in the 1970s, high school student Costa Dillon caught a hokey Japanese film called "Attack of the Mushroom People" on late night TV. It made him wonder how one would go about making a film that was even worse. This led him to sketch out the plot line of "Attack of the Killer Tomatoes."
- Dillon later attended University of California, Davis, where he enrolled in a film course with two of his high school buddies: John De Bello and James Stephen Peace. To complete an assignment, the three worked to turn Dillon's "killer tomatoes" idea into a 10-minute movie, shot with a Super 8 camera.
- They later founded Four Square Productions, specializing in taping high school and junior college football games. In 1977, Four Square began production on a full-length version of "Attack of the Killer Tomatoes." Their budget, largely raised from friends and family members, totaled \$120,000. "Later on, there were a few Christmases of awkwardness, because everyone at the table had put money in the deal," said Peace.
- The plot follows the course of a seemingly unstoppable attack of sentient tomatoes on America, and the brave team of government agents pledged to stop it in its tracks.
- Filming required a lot of tomatoes, which were split into "stock tomatoes" and "star tomatoes." Stock tomatoes were squashed, thrown, or smashed. They discovered that tomatoes make a much more satisfying splat if they are parboiled for several minutes first. The "star" tomatoes were used for close-up shots of menacing tomatoes.
- The crew rented a helicopter and were filming the chopper as it advanced in a fire fight against the tomatoes. The tail accidentally hit the ground and the helicopter spun out of control and crashed into the ground.
- The three people on board the crashed chopper escaped unscathed. The footage was included in the movie and the script revise to reflect that a killer kamikaze tomato had developed the ability to fly and had wrecked the helicopter. The accident cost \$60,000, nearly half of the available budget. It may have been worth the cost, because in spite of being a really cheesy second-rate film, it did feature a spectacular helicopter crash.
- In the plot, it turns out the secret weapon to fighting off killer tomatoes is a screeching prepubescent voice singing a grating pop song. (At the time, Donnie Osmond was topping the charts.) To record the vocals, De Bello recruited his then-14-year-old neighbor, Matt Cameron, to sing a song called "Puberty Love." Since his voice was audibly changing at the time, Cameron seemed like an ideal choice. Cameron later went on to become the drummer first for the band Soundgarden and then for Pearl Jam.
- The film opens with the scene of a tomato emerging from a garbage disposal and killing the surprised housewife. The film ends with the scene of a carrot



---

- 1. What did fans throw at the Beatles during their first U.S. concert?
- 2. When the Doors were on "The Ed Sullivan Show" in 1967, they were asked to change the lyrics to which song?
- 3. How much more money does the operator want each time in "Sylvia's Mother"?
- 4. Who released "The One Who Really Loves You"?
- 5. Name the song that contains this lyric: "She tunes in to Bandstand every day to watch the kids dancin' 'cross the USA."

#### Answers

- 1. Jelly beans. The boys had made the mistake of saying they loved them. Unfortunately they meant the U.K. version of soft jelly babies. The Beatles were on a round stage with no place to hide from the stinging barrage of hard jelly beans.
- 2. "Light My Fire." But they didn't, claiming they forgot. (The Rolling Stones also caused the show problems with their questionable lyrics.)
- 3. The operator keeps wanting "Forty cents more for the next three minutes."
- 4. Mary Wells, in 1962.
- 5. "Queen of the Hop," by Bobby Darin in 1958. Although written long ago, the song hasn't been forgotten. It was used on the soundtrack to the "Porky's Revenge" film in 1985 and Shakin' Stevens' 1987 "16 Rock 'n' Roll Greats."
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that rises from the soil and says, "All right, you guys. They're gone now."

- Released in 1978, it was widely dismissed as hokum. De Bello remarked, "I'm greatly honored by the fact that somebody had to make the worst vegetable movie, why couldn't it be us?" Despite some bad press, the picture gained a huge cult following that remains strong to this day.
- The success of the film led to three sequels, "Return of the Killer Tomatoes!" (starring George Clooney in one of his first films); "Killer Tomatoes Strike Back!" and "Killer Tomatoes Eat France!" Billed as a musical-comedy-horror show, this cheesy parody did for creature features what "Airplane!" did for disaster films.

SCRAMBLERS Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!  Mislead DUELED  Fit BONGLE  Vision IMAGER  Warden RUGAD  TODAY'S WORD

ner by only one letter, w	hich has	already bee	o 6-letter answers. The tw n inserted. For example, if hange the order of the lette	you ex	
1. Georgia's crop		Α	Sit like a bird		R
2. Narcissism	v		Mental health	s _	
3. City official		Y	Frank Burns' rank		J
4. Football maneuver	_ A		_ What we do to Elmo	_ ı	
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8. Sheindlin or Mathis	J		Poke with the elbow	Ν	
9. Petrify		Α	Get a touchdown		0
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#### SPORTS QUIZ By Chris Richcreek

- 1. Who was the last Montreal Expos pitcher to lead the National League in saves for a season?
- 2. Pitcher Nolan Ryan had the most strikeouts in the decades of the 1970s (2,678) and 1980s (2,167). Name either pitcher who finished second to him in those decades.
- 3. In 2018, Notre Dame's Brian Kelly became the third person to win the AP College Football Coach of the Year Award twice since 1998. Name either of the other two to do it.
- 4. Which NBA team was the first to visit the White House after winning a championship?
- 5. Who holds the NHL record for most Game Seven career points in the NHL playoffs?
- 6. When was the last time before 2019 that Denny Hamlin captured a spot in the NASCAR Cup Series Championship 4?
- 7. How many times has Canada reached the finals of tennis' Davis Cup?

Answers

7. Once, in 2019. 6. It was 2014. 5. Justin Williams, with 15 points.

4. The Boston Celtics, in 1963.

3. Nick Saban (2003, 2008) and Gary Patterson (2009, nando Valenzuela (1,644 strikeouts in the 1980s). 2. Tom Seaver (2,304 strikeouts in the 1970s) and Fermoved to Washington after the 2004 season.) Ugueth Urbina, with 41 saves in 1999. (The franchise

solution 1. Delude; 2. Belong;

SCRAMBLERS

3. Mirage; 4. Guard

Today's Word

#### **LUGGAGE**



PAW'S CORNER By Sam Mazzotta

#### Why Can't His Husky Handle Cold Weather

Tidbits of The Shuswap

DEAR PAW'S CORNER: My dog "Jackson" is part Husky, a big dog with lots of fur. When I put him outside in the backyard on a snowy day, he comes right back and whines to be let inside. I thought Huskies could handle cold weather. What's wrong with him? -- Dan in Springfield, Massachusetts

DEAR DAN: Jackson may have descended partly from Huskies, but he's an indoor dog. He was raised to live in a house with humans, and from puppyhood he was acclimated to the comfortable temperatures inside a house.

It's not uncommon for some owners to think that because their big, furry dogs are more comfortable in the fall and winter than in the warmer months, that those dogs can handle cold, wet or snowy conditions. This isn't true at all -- unless those dogs are trained for outdoor tasks like herding, hunting or sporting.

Sled dogs, for example, are carefully acclimated to the extreme cold climate that they work in. They're not house pets that live indoors. Even so, their owners watch those dogs constantly to make sure they don't show signs of hypothermia, that they're eating food that will give them the energy to keep warm, and so on.

When the temperature drops below 40 F, dogs of all sizes begin to feel uncomfortable after a short time outside. Below 30 F, owners should stay with their dogs outside and take them in if they begin to shiver or whine.

So forgive Jackson for complaining, and let him in. When a Husky doesn't like being outside, it's just plain cold.

Send your comments, questions or tips to ask@pawscorner.com. (c) 2020 King Features Synd., Inc.



250-832-7376

Beautiful Smudge came to us 6 months after her human had passed away. Unfortunately there was no one to properly care for her when her human passed and so she arrived having had only the basic necessities for those months.

Smudge was very scared of us and her new surroundings but she has since settled in well and is now a loving, happy girl. She greets us every morning with chirps and head bunts and her favorite place to hang out is in her bed.

Smudge has been to the vet for a check up and although she has some senior related things happening, she has the all clear to be adopted into a loving home. Smudge seems more relaxed without

other animals in her space, so if she was the only cat in the home that would be great. Smudge has been strictly indoors only for her whole life so that is a definite must for her going forward. If you think you could love Smudge please come and meet her

Adoptables ad is donated by Tidbits. To sponsor call 250-803-4603



# Even Exchange answers

- Peach, Perch 6. Glade, Glare Vanity, Sanity 7. Police, Polite
- Mayor, Major 8. Judge, Nudge Tackle, Tickle 9. Scare, Score
- Rivet, River Matter, Mutter

#### CryptoQuip answer

If our washing machine stopped functioning, I imagine we'd hire a spin doctor.

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