

Facts Page

Let these facts enhance your lesson.

The innovation that gave us the flat bread we call pizza came about with the use of tomato as a topping. For some time after the tomato was brought to Europe from the Americas in the 16th century, it was believed by many Europeans to be poisonous (as are some other fruits of the nightshade family). However, by the late 18th century, it was common for the poor of the area around Naples to add tomato to their yeast-based flat bread, and so the pizza was born. The dish gained in popularity, and soon pizza became a tourist attraction as visitors to Naples ventured into the poorer areas of the city to try the local specialty.

There's no need to wait for a special "pizza pan" when you want to make pizza. You can use a cookie sheet or a cake pan, or build your pizza on halved French bread or English muffins. Some cooks bake their pizzas directly on large flat pizza stones in the oven because it gives the pizza a crisp crust.

Anchovies are a family of small, common salt-water forage fish. They are found in the Atlantic, Indian and Pacific Oceans and are classified as an oily fish. Anchovies are small, salty green fish with blue reflections due to a silver stripe. They have a strong taste due to the curing process and are used in small quantities flavor to dishes. Anchovies are most commonly known as a pizza topping or as an optional ingredient in Caesar salad and as a component of Worcestershire Sauce in North America.

Chickweed Tea has been recognized for many years mainly for its effectiveness in the treatment of many skin and stomach disorders. It is quite high in Vitamin C, calcium, magnesium and potassium. Chickweed is an herb that's easily recognized by its straggling stems that bear paired leaves and small white flowers. Chickweed belongs to the same plant family as cloves.

Chickweed Tea is typically prepared by placing chickweed herb or chickweed powder in boiling water. Chickweed Tea can both be used internally and externally.



Related web sites:

<http://nutritionforkids.com/pizza.pdf>

Connie Evers Make Your Own Recipe – Perfectly Personal Pizza

<http://wheatfoods.org>

Wheat Foods Council

<http://www.homebaking.org>

Home Baking Association

K-STATE
Research and Extension

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-800-221-5689.

