

POP SECRET

Now that winter is upon us, it's a great time for evenings spent watching movies or playing games and eating popcorn. When the English came to America in the 16th and 17th centuries they learned about popcorn from the Native Americans. During the Great Depression, popcorn was comparatively cheap and became very popular. During World War II, sugar rations diminished candy production and Americans began to eat three times more popcorn than they had before.

Each kernel of popcorn has a combination of water and oil and when they are heated past the boiling point, the moisture inside the kernels becomes pressurized steam with a moisture-proof hull. This causes the starch inside the kernels to gelatinize and become pliable. At a pressure of about 135psi and a temperature of 180 degrees Celsius the hull ruptures rapidly which expands the starch and proteins of the endosperm into an airy foam and as it quickly cools it becomes a crispy puff.

Popcorn varieties are categorized by the shape of the kernels, the color of kernels or the shape of the popped corn. Kernels come in a variety of colors but the popped corn is always off-yellow or white. In popcorn jargon, a popped corn is called a flake and the ones that fail to pop are called old maids. Popcorn comes in two shapes of flakes. "Butterfly" flakes are irregular in shape and have a number of protruding "wings". "Mushroom" flakes are largely ball-shaped, with few wings. Mushroom flakes are less fragile and are often preferred for caramel and kettle corn.

At Grandma's Pantry, we have a variety of types of popcorn, as well as a variety of additional flavors to add to your popcorn. For

those who prefer not to have hulls in their popped corn we have Lady Finger and Tiny popcorn. Our variety of popcorn colors are red, blue and rainbow. We also carry Weaver's yellow and white popcorn. For those of you who like to make the kettle or caramel popcorn, we also carry the mushroom popcorn. When you don't have the time and want a quick bag of popcorn, we also carry two Amish Country microwave popcorns, a lite natural and butter flavored.

For those who like to spruce up their popcorn, we carry a number of flavorings to add to that delicious bowl of popcorn. For those with a sweet tooth we have a sweet caramel popcorn glaze that can be easily sprinkled on. We also carry cheddar cheese powder, sour cream and onion powder, and white cheddar cheese powder. For those who prefer salt on their popcorn, we have butter flavored salt and ballpark style popcorn salt. An alternative for added nutrition is to sprinkle nutritional yeast on popcorn, which some say adds a cheesy flavor to popcorn and we carry that too. Many of our customers know that the secret to making great tasting popcorn is cooking the corn in coconut oil and we make sure to keep that in stock also.

So whatever your pleasure is for great snacking popcorn, we have plenty of options for the popcorn connoisseur in your home. Just check us out at www.GrandmasPantryVa.com or come in and visit us at the store. Don't forget to like us on Facebook.

***"So, whatever you eat or drink, or whatever you do,
do all to the glory of God." (1 Cor. 10:31)***