



Peanut

Arachis hypogaea

Nutrition Facts

- Peanuts contain iron, calcium, folate and zinc.
- Peanuts contain a large amount of Vitamin A and Vitamin E.
- Peanuts help lower cholesterol.

Planting

Plant 4/25-5/10

(Guidelines for planting in raised beds)

Seeds: Remove peanuts from the shell, but leave the red skin on the peanut. Plant peanuts 12” apart in rows that are spaced 12-18” apart.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate.

Young seedlings: Water peanut plants less often. Allow the soil to dry out a little. Water when the top 1 to 2 inches of soil dries out. Mulch the plants with cotton burr compost or straw to keep the soil moist.

Harvest & Storage

Peanuts usually take around 110 days to mature. The plant leaves will start to wilt and will become brown and yellow. In the Kansas City metro area, peanuts are usually ready to harvest around mid-September. However, they can stay in the ground until after the first mild frost.

To harvest, use a garden fork to loosen up the soil around the peanut plants. First, dig up one plant to determine if peanuts are mature or not. If the peanut is white, it is not quite ready. If the peanut is pink, it is ready, but in the early stages. If the peanut is red it is fully mature and ready to be harvested.

Shake dirt off and allow the whole plant to dry out for one to two weeks. Raw, unshelled peanuts can be stored in a dark, cool place for up to three months. Dried, shelled peanuts can be stored in dark, cool places for up to 12 months. Shelled peanuts can be sprouted, frozen or used to make peanut butter.



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