



WATERCREST

SENIOR LIVING

Pizza Palooza!

Would it surprise you to hear that when Farmers' Almanac readers were asked what their favorite meal was, 43% said pizza? It's no wonder this savory dish is recognized annually on National Pizza Day February 9, and also during the month of October. Make no mistake, though – pizza lovers will always find the right time to enjoy a scrumptious slice!

According to the Farmers' Almanac, approximately 100 acres of pizza are consumed each day in the United States (that's 350 slices per second!), and about 17% of all restaurants are pizzerias!

A huge day for pizzerias is Super Bowl Sunday; it is reported that 2,500,000 pizzas are sold from Pizza Hut alone!

So where did pizza originate? Most of us connect pizza with Italy, but the ancient Greeks and Egyptians created a flatbread topped with olive oil and spices. The traditional round shape of the flattened dough was due to Egyptians wanting to imitate the shape and color of the sun.

Tomatoes were added in the late 18th century in Naples, Italy. Historians have reported that lower income people would top the dough with tomatoes and cheese to make an inexpensive meal, though wealthier Italians believed tomatoes to be poisonous.

The first pizzeria in Naples was called Antica Pizzeria; it named the Margherita pizza after Queen Margherita of Italy. This pizza is known for its ingredients representing the colors of the Italian flag: red sauce, white mozzarella cheese and fresh green basil.

Did you know . . .

- The most popular pizza topping is pepperoni; anchovies are the least favorite.
- Eggs are a common topping in Australia. Favorites in India include tofu, pickled ginger, and minced mutton. Japanese pizza may be topped with mayonnaise, corn, potatoes, tuna, bacon, and squid.
- In 2001, the Russian Space Agency paid over a million dollars to deliver a six-inch pizza to the International Space Station.
- The technical term for the crust is “cornicione.”
- Pizza is a \$38 billion dollar industry in the U.S.
- Frozen pizzas first appeared in 1962.
- A daily serving of two slices may provide half the antioxidant lycopene, 37% of daily recommended calcium and 35% of recommended daily protein.
- There is a World Pizza Champions competition that includes Freestyle Acrobatic Dough Tossing, Fastest Dough, Largest Dough Stretch, Fastest Pizza Box Folding and Pizza Triathlon!

Farmersalmanac.com

Restaurantrossini.com

Deniropizza.com