Celebrate Popcorn: October Is National Popcorn Poppin’ Month

(NAFP) - Popcorn, lower prices, October is National Popcorn Poppin’ Month, a seasonal celebration of one of America's oldest and most beloved snack foods. As farmers head into the fields to harvest crops, families and friends gather to honor this ever-popular treat. Whether stovetop, microwave or ready-to-eat, we consume 13 billion quarts each year of this wholesome, whole grain.

Having been long regarded as a sign of good times, popcorn has found a new appreciation by today's lean and green consumer. Celebrated for its send-to-stack simplicity, popcorn is also non-GMO, vegan, gluten-free, sugar-free, and naturally low in fat and calories, which makes it an easy fit for the dietary con- scious. And it's budget friendly. A quart of popped popcorn costs as little as 15 cents.

Add in popcorn's irresistible smell, taste and versatility and it's easy to understand its popularity. With so many different ways to eat it—plain, buttery or loaded with goodies—popcorn always fits the mood or occasion.

Pop up a bowl and join the Popcorn Poppin' Month celebration. For a special seasonal snack, try the following recipe courtesy of The Popcorn Board. Learn why popcorn pops, the history of popcorn, corny facts, recipes and more at www.popcorn.org.

Harvest Munch (Monster Munch)

Sweet and salty, this party snack mix can be altered with healthier mixes like rice Krispies and nuts.

Or for a Halloween bash, add edible eyes and call it Monster Munch

Prep Time: 15 minutes
Cook Time: 5 minutes
Total Time: 20 minutes
Makes: 12 servings

Ingredients:
8 cups air-popped or stovetop popcorn
4 cups mini pretzel twists
1/2 cup butter
1/2 cup packed brown sugar
2 Tbsp corn syrup
1 cup marshmallows
1/4 tsp salt
2 cups mini chocolate peanut butter cups
1 cup candy corn

Instructions:
1. Toast popcorn with pretzel twists, spread out on large parchment paper-lined baking sheet; set aside.
2. In saucepan set over medium heat, combine butter, brown sugar and corn syrup; cook, stirring pan, for 3 to 5 minutes or until brown sugar dissolves and mixture is bubbling.
3. Stir in marshmallows and salt; cook for 30 to 60 seconds or until marshmallows are melted. Pour evenly over popcorn mixture. Sprinkle with mini chocolate peanut butter cups and candy corn. Let cool completely and break into clusters.