

Rising Star



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..... The Youth Newsletter of your Alhambra Credit Union

The Ancient History of Marshmallows



KIDS ▶ Did you know that **marshmallow** candy dates back to ancient Egypt? Yup — it was a honey based candy flavored and thickened with the root of the **marsh mallow plant**. This plant gave its name to our modern puffed confection that we love to roast on a stick over a campfire.

▶ Marsh Mallow Medicine

Real marsh mallow is a plant with a long root that actually does grow in a marsh. During the 1800's a medicinal candy made from the marsh mallow was used to soothe children's sore throats. Doctors extracted the sap from the mallow's roots and cooked it with egg whites and sugar. This mixture was whipped into a foamy meringue that hardened as it cooled.

There are other medicinal qualities attributed to the marsh mallow. In addition to soothing sore throats it is said to act as a cough suppressant, and when used externally, to heal cuts, scrapes and burns.

Today's gooey treats no longer use the sap of the marsh mallow plant. They are a mixture of corn syrup or sugar, gum Arabic, flavoring, and gelatin. They have no healing properties. Candy makers replaced the mallow sap with gelatin in the late 1800's as part of a new system of candy-making that used molds and increased production.

▶ Modern Marshmallows — Jet-Puffed

In 1948, Alex Doumak, looking for an even faster production method came up with the "extrusion process". The fluffy mixture is sent through long tubes and then cut into our familiar equal tubular pieces.



The Marsh Mallow—*althea officinalis* grows in salt marshes, bogs, damp meadows and along stream banks. It forms a long tap root and hairy gray-green leaves. In the summer it has pink or white blossoms.

Coloring Fun



These **RStars** know all about *The Magic Of Saving*.

They are the winners of our National Credit Union Youth Week coloring contest!



Abygail Shull



Ernesto Castanon

