**Almonds & Walnuts**

1. Scientific definition – not a *true* nut
2. Both are actually edible seeds
3. However, in the food world a nut refers to any large, oily kernel found within a shell
4. Both are edible seeds of stone fruits which have:
5. Outer fleshy hull
6. Inner hard shell
7. Seed (or ‘nut’) within shell
8. Same fruit family as peaches, plums, cherries
9. *Show both shelled and unshelled examples if available*
10. Almond history
11. Mentioned as early as 1400 BC in the Bible as a symbol to represent divine approval
12. Around 100 AD Romans showered newlyweds with almonds as a fertility charm
13. Eventually, around 800 AD almonds are common throughout southern Europe and the Middle East thanks to trade routes called the “Silk Road”
14. Brought to America (California) by Spanish missionaries in 1700 AD.
15. Today, the U.S. is the world’s largest almond producer and almonds are California’s top agricultural export

1. Culinary uses of almonds
2. Alone as a snack (smoked, roasted, salted, or candied)
3. Baking – as an ingredient or garnish (examples: cookies, cakes, breads)
4. Savory dishes – often served with cooked vegetables (green beans), as a crust for meats, or in both fresh and pasta salads
5. Added to hot & cold cereals, granola, trail mix, yogurt, ice cream, smoothie
6. Almond milk / butter (as an alternative to cow’s milk and peanut butter)
7. Non-culinary uses of almonds
8. Cosmetics
9. Moisturizers
10. Soaps and shampoos
11. Storage and selection methods
12. Keep shelled almonds in a vacuum sealed bag if not ready for use. If kept refrigerated, they can be stored for up to 6 months. (if frozen, up to 1year)
13. The best quality almond (shelled) is firm and of uniform color. They should also smell sweet and nutty. If they smell sharp or bitter, they are rancid.
14. Health benefits of almonds
15. Nutrient dense - Per ounce, almonds provide more of the nutrients your body needs. Nutrients include: Vitamin E, fiber, protein, magnesium, and potassium.
16. Heart smart – Almonds are high in monounsaturated fats. Studies have shown that when this type of fat replaces saturated fat in the diet, as much as a 40% decrease in heart disease risk can occur.
17. Antioxidants – Substances (like Vitamin E) in almonds act as antioxidants to prevent cell damage which can lead to diseases like cancer and coronary heart disease. Eat almonds with the skin intact for the biggest effect!
18. Hypertension – Magnesium in almonds causes blood vessels to relax, reducing blood pressure and the risk of heart attack.
19. Diabetes – Studies have shown that consumption of almonds with a meal slows the rise in blood sugar afterwards, resulting in better control
20. Fun almond facts
21. There is no almond in almond bark
22. California produces 80% of the world’s almonds
23. Chocolate makers use 40% of the world’s almonds
24. Japanese teenagers enjoy snacking on a mixture of sardines and slivered almonds
25. It takes 1000 lbs of almonds to make 1 pint of almond oil
26. Walnut history
27. Considered the oldest tree food known to man, dating back to 7000 BC
28. There are three main varieties of walnuts eaten today (White, black, and English)
29. The English walnut, introduced to America via English merchant ships, is the most popular variety in the U.S.
30. The English walnut actually first came from India where they were reserved for royalty
31. China is the world’s largest walnut producer (the U.S. is a close second)
32. Like with the almond, most of the U.S. supply of walnuts comes from California (99%!)
33. Culinary uses of walnuts
34. Alone as a snack (smoked, roasted, salted, or candied)
35. Baking – as an ingredient or garnish (examples: cookies, cakes, breads)
36. Savory dishes – often served with cooked vegetables (green beans), as a crust for meats, or in both fresh and pasta salads
37. Added to hot & cold cereals, granola, trail mix, yogurt, ice cream, smoothie
38. Walnut milk / butter (as an alternative to cow’s milk and peanut butter)
39. Non-culinary uses
40. Walnut oil - used by woodworkers, oil painters, and cosmetic producers
41. Walnut shell – used for creating dye for clothing and craft making
42. Storage and selection methods
43. Keep shelled walnuts in a vacuum sealed bag if not ready for use. If kept refrigerated, they can be stored for up to 6 months. (if frozen, up to 1year)
44. The best quality walnut (shelled) is brittle and will snap easily. Rubbery or shriveled walnuts indicate age.

1. Health benefits of walnuts
2. Heart smart and more – Walnuts have the highest amount of omega-3 fatty acids of all nuts. Omega-3’s are known to reduce both cardiovascular disease risk and reduce inflammation (ex. arthritis).
3. Vitamin B6 power – This vitamin provides helps the immune system to prevent illness and infection. It also helps to control blood pressure.
4. Protect those bones – Minerals like manganese and copper, found in walnuts, act to maintain bone strength and prevent osteoporosis
5. Allergic reactions
6. Both almonds and walnuts are classified as tree nuts (a common food allergy categories)
7. Most tree nut allergies are life-long and are discovered in childhood. Reactions can range from mild (rash/hives) to life-threatening (breathing difficulty/irregular heartbeat)
8. The government requires all food labels to include names of any tree nuts used as ingredients to help protect those with allergies
9. Fun walnut facts
10. Even though ‘English’ is a variety of walnut, England has never commercially grown them
11. The Romans called the walnut ‘Jupiter’s royal acorn’
12. Walnut trees can produce nuts for as long as a century (100 years)
13. Only about 6% of walnuts sold in the U.S. remain in-shell
14. Walnuts are considered an “herb” in traditional Chinese medicine.

1. Activities
2. Provide visual and taste samples of almonds/walnuts (in shell, natural (w/skin), blanched, flavored, almond extract, almond four)
3. Sample Almond Milk, Almond butter and candied orange walnuts