

DIRT fresh news

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Who grows walnuts?



John and Catherine Mundt

Alpine Pacific Nut Co., Inc. has been farming in the Central Valley for six generations. A big part of their business is processing nuts.

Aside from growing their own walnuts, this local company processes nuts for other farmers. Each year, Alpine Pacific Nut Company processes more than 20 million pounds of walnuts!!

Here are some questions you may have about walnuts.

Q. How do walnuts grow?

A. As you may know, walnuts grow on trees in an orchard. Walnuts have an outer covering called a "hull" (remember, just like almonds?) and then a shell. Inside these two layers is a nut, also called a "nutmeat." Walnuts grow during spring and summer, and are harvested in fall.

Q. How do they get walnuts off the trees?

A. Farmers drive a machine that gently grabs the walnut tree trunks and shakes off the nuts. The nuts are then swept by another machine into the rows between the trees.

Then, another machine called a mechanized harvester collects them off the orchard floor, sorts out the sticks and other "junk" found. The husks are removed so the nuts can dry. The walnuts are then sent to a nearby nut processing facility. (like Alpine Nut Co!)

Q. What do you mean by "nut processing?"

A. When the walnuts arrive at the facility, they are still in their shells. The facility has advanced machines that remove the shells. Another machine sorts them by size. Then the shells are cracked in a walnut crack machine. Another machine removes the nuts from the shells, and then they are packaged by yet another machine!

Nutrition Facts

Serving Size 1 ounce (28g) about 14 halves

Amount Per Serving	
Calories 185	Calories from Fat 154
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 2g	9%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 1%
Calcium 3%	Iron 5%

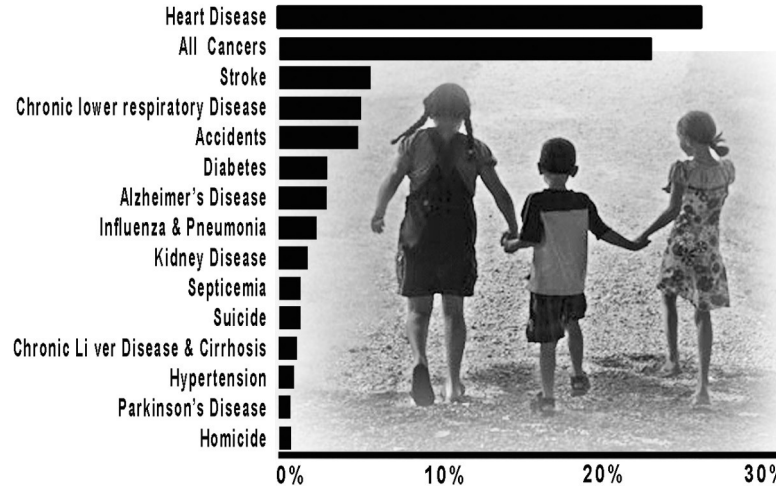
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Your Child May Not Live As Long As You!

Children born today may have a life span 10 years shorter than their parents. This is due to the foods they are eating. Obesity and obesity related diseases are the leading causes of death in the world. This is completely preventable, and it starts in the home and in school. If you are reading this in a school newsletter your school already gives your children nutrition education classes. What can you do? Change your habits, it may not be easy but isn't it worth it?

Causes of Death: United States



Some Quick Tips:

1. Shop smart: read the label
2. Eat fresh fruits and vegetables: try new ones
3. Eat breakfast
4. Nutrition Education
5. Teach your kids to cook healthy meals and snacks.
6. Drive by Fast Food Restaurants, do not stop
7. Limit sugary beverages, including juice with added sugar, soda, energy drinks, sports drinks, and coffee drinks
8. Exercise:
 - Kids - 1 hour / day (can be spread out through day)
 - Adults - 2 ½ hours / week (can be spread out through week)
9. Turn off the TV at meal time
10. Eat together, be a role model



Broccoli Slaw with Toasted Walnuts

- Calories: 222
- Total Fat: 10.5 g
- Saturated Fat: 1.5 g
- Monounsaturated Fat: 2 g
- Polyunsaturated Fat: 6.5 g
- Trans Fat g
- Cholesterol: 7.5 mg
- Sodium: 368 mg
- Total Carbohydrate: 32 g
- Dietary Fiber: 3 g
- Protein: 3 g

•Servings: 8

INGREDIENTS

- 1 cup of low-fat mayonnaise
- 1/4 cup raspberry vinegar
- 1/8 - 1/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 6 cups (1 - 1 1/4 lbs.) broccoli florets, cut or broken in half-inch pieces
- 1/2 cup dried cranberries
- 1/2 cup golden raisins
- 1/2 cup chopped, toasted California walnuts
- 1 medium carrot, peeled and grated

DIRECTIONS

1. In a large bowl combine the mayonnaise, vinegar, sugar, salt and pepper, and stir until smoothly blended.
2. Blanch the broccoli for 1-2 minutes.
3. Add the broccoli, cranberries, raisins, walnuts and carrot, then stir and toss until the ingredients are evenly coated with the dressing.
4. Chill before serving.



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