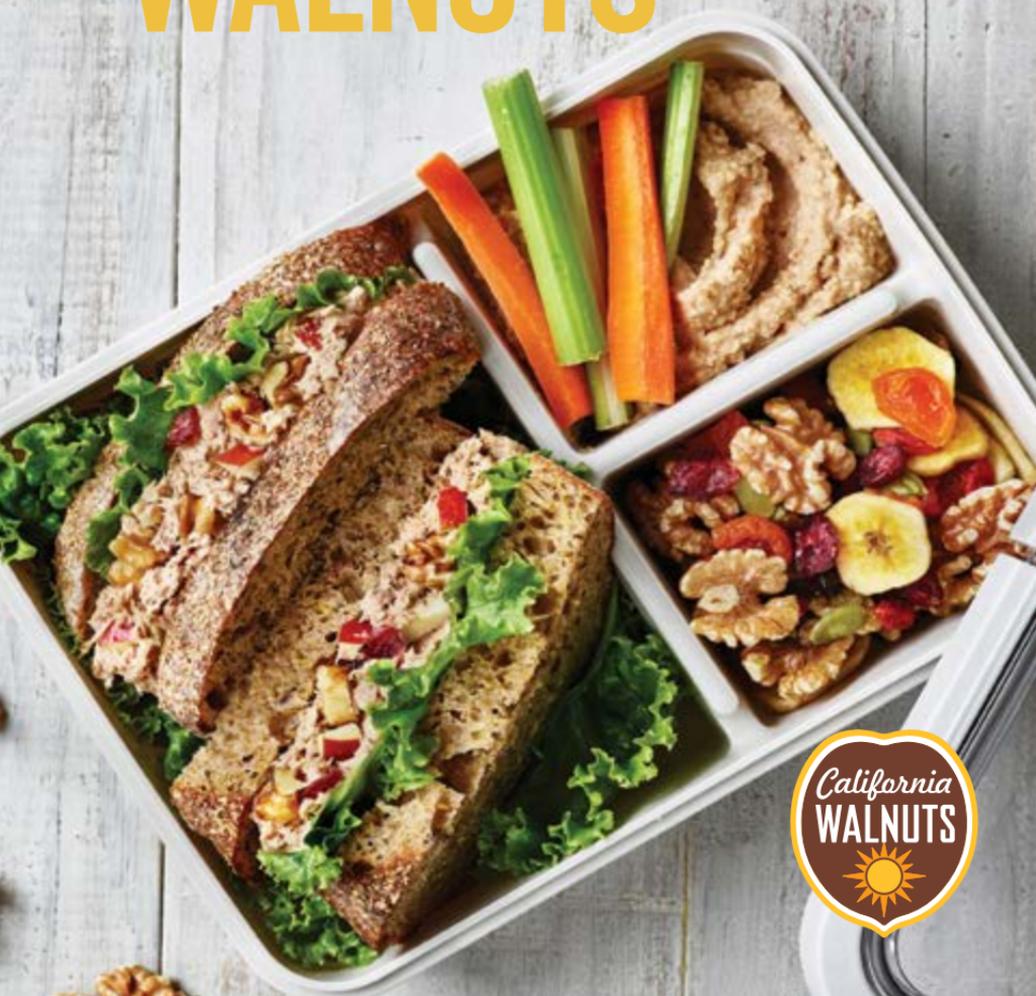


TAKE BACK YOUR LUNCH WITH  
**CALIFORNIA  
WALNUTS**





## POWER UP YOUR LUNCH ROUTINE WITH WALNUTS

A midday break is more important than many of us realize. Stepping away and fueling up with a nutritious meal is the best way to come back energized and ready to tackle the rest of the day.

Walnuts are a versatile nut that pairs well with many ingredients. Better yet, walnuts provide key nutrients like protein (4 g/oz), fiber (2 g/oz) and ALA omega-3 fatty acids (2.5 g/oz), making them a simple yet powerful addition to any lunch.

Want more reasons why walnuts are the ultimate lunch ingredient? Check out these quick and easy ways to incorporate walnuts into your lunchtime meals.



## Power Bowl Topper

Toasted walnuts offer just the right amount of flavor and crunch alongside grains, veggies and leafy greens.

## Go-To Trail Mix Nut

Switch up your trail mix recipe by adding in walnuts for an extra crunch with omega-3s (2.5 g/oz). They're the perfect addition to your bento box lunch!



## Aioli & Pesto

Toss walnuts into a food processor with arugula or basil and olive oil or mayo for a quick walnut aioli or pesto. The spreads are a perfect flavor booster for wraps, sandwiches, or as a dip.

## Plant-Based Walnut Meat

Pulse walnuts and mushrooms, cauliflower or beans through a food processor with desired seasoning for a delectable meat replacement in chili, tacos, pasta sauce and more.



## Spice Up Your Snacks

If you are more of a midday snacker than a lunch eater, consider seasoned walnuts for a quick pick-me-up. Toss them in honey, rosemary and extra virgin olive oil, maple syrup or even cayenne pepper before toasting—and *viola!*—a delicious homemade snack or alternative to croutons on your salad.



# MEAL PREP HACKS

## TO SIMPLIFY LUNCH

Chaotic weeks can get the best of us, but that doesn't mean your lunch should suffer! Get ahead of the mayhem and revive your lunch by prepping ahead of time with these simple hacks:

### **01** Map Out the Menu

Think through your upcoming week and take note of any pre-planned office lunches or dinner plans. This will help you plot out how many meals you'll actually need to make, and it will help you avoid overspending or throwing away uneaten food.

### **02** Cook Large Batches of Basic Meal Components

Make your life easier during the week by cooking meal staples in advance that you can repurpose in different ways throughout the week. For example, cook a batch of plant-based walnut meat to use in lettuce cups, sliders or with stuffed portobello mushrooms (see recipes on pages 5, 9 and 12). Or, prepare a batch of toasted walnuts (instructions on page 16) to use as a topping on salads and bowls, or to serve with your favorite grain, like quinoa.

### **03** Purchase Prepared Ingredients

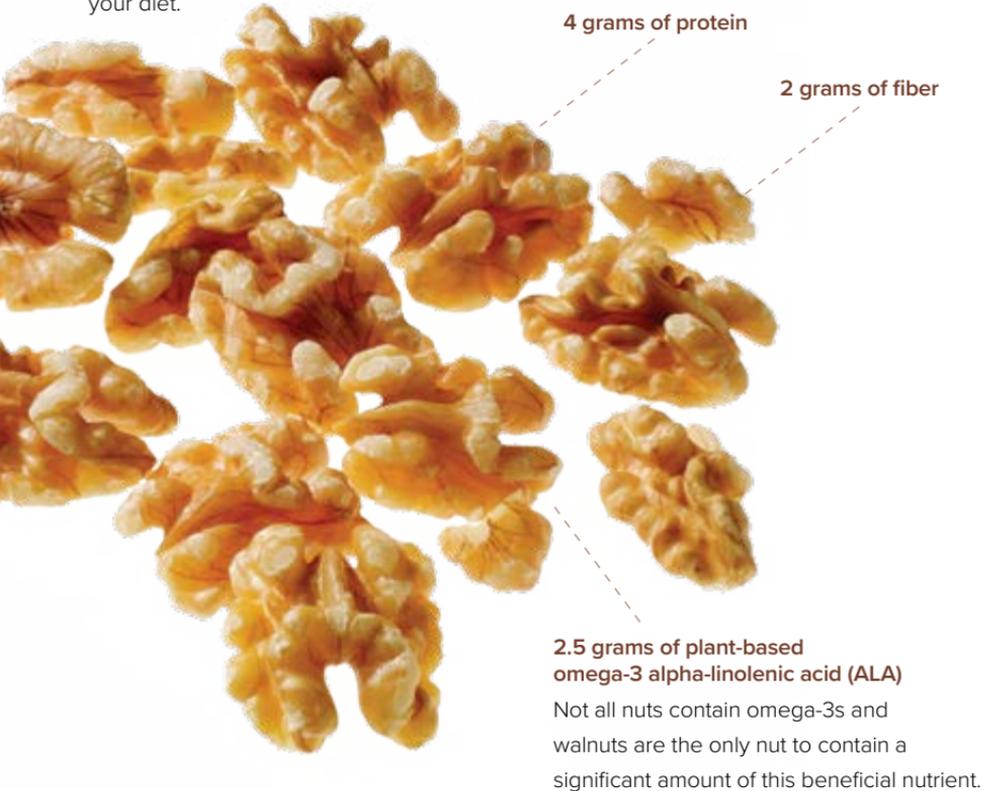
If you're short on time, consider purchasing a few prepared items like pre-cut veggies or a rotisserie chicken that you can use in a number of ways throughout the week.

### **04** Portion Ingredients and Meals Ahead of Time

Portion out grains and veggies into single servings, measure spiced walnuts into pre-portioned snack bags and separate meals into the right containers so everything is ready to grab and go before you leave for work.

# GOODNESS IN A NUTSHELL

Walnuts are packed with good, polyunsaturated fats (13 out of 18 grams of total fat per 1 ounce serving), which play an important role in one's diet. The Dietary Guidelines for Americans recommends shifting food choices from those high in saturated fats to those high in good, unsaturated fats, like those found in walnuts. Incorporating them into lunches and snacks is a simple and convenient way to add beneficial nutrients to your diet.



4 grams of protein

2 grams of fiber

2.5 grams of plant-based  
omega-3 alpha-linolenic acid (ALA)

Not all nuts contain omega-3s and walnuts are the only nut to contain a significant amount of this beneficial nutrient.

For more than 25 years, walnuts have been researched for their potential role in a variety of health outcomes including brain health and heart health as well as weight and satiety.



Prep: 35 min / Cook Time: 10 min / Total Time: 45 min  
Serves: 1 / Serving Size: 2 wraps

## Mediterranean Lettuce Wraps with Plant-Based Walnut Meat

### PLANT-BASED WALNUT MEAT

2 C	California walnuts
½ C	yellow onion, chopped
½ C	cauliflower, chopped
½ C	carrots, shredded
½ C	olive oil
2 tbsp	white wine vinegar
1 ½ tbsp	paprika
1 ½ tsp	dried thyme
1 tsp	dried marjoram
¾ tsp	sea salt
½ tsp	black pepper
4 cloves	garlic, minced
1 C	cannellini beans, rinsed and drained

### LETTUCE WRAPS

¼ C	plant-based walnut meat
2 tbsp	sharp cheddar cheese, shredded
2 lrg	bib lettuce leaves
2 tbsp	hummus
2 tbsp	cooked couscous
2 tbsp	cherry tomatoes, diced
2 tsp	green onions, sliced

### DIRECTIONS

1. Place all plant-based walnut meat ingredients in a food processor. Pulse to chop all ingredients.
2. Transfer to a large nonstick skillet and cook over medium heat for 5-7 to minutes, stirring frequently, until vegetables are cooked and mixture is lightly browned. Add cheese to the pan and stir until cheese is slightly melted and incorporated. Let cool.
3. Place lettuce leaves on a serving platter or plate and top with hummus, couscous, plant-based walnut meat, tomatoes and green onion. Serve immediately.

Note: You can also pack lettuce wrap ingredients into a bento box to assemble and eat later. Simply pack the prepared plant-based walnut meat, bib lettuce leaves, hummus and other vegetable toppings separately in bento containers.

### NUTRITION INFORMATION PER SERVING

Calories: 267, Total Fat: 23g, Saturated Fat: 3g, Monounsaturated Fat: 7g, Polyunsaturated Fat: 13g, Cholesterol: 0mg, Sodium: 274mg, Carbohydrates: 12g, Dietary Fiber: 5g, Protein: 6g, Total Sugars: 2g, Added Sugars: 0g, Vitamin D: 0 IU, Calcium: 65mg, Iron: 2mg, Potassium: 165mg

## Asian Walnut Chicken Veggie Noodle Jar

### INGREDIENTS

- 2 C lightly broken thin rice noodles
  - ½ C matchstick carrots
  - ½ C green onions, sliced
  - 1 med head baby bok choy, sliced (about 2 cups)
  - 2 tbsp low-sodium teriyaki sauce
  - ½ tsp ground ginger
  - 3 pkts sodium-free granulated chicken bouillon
  - 1 C cooked chicken breast, diced
  - ½ C California walnuts, toasted and coarsely chopped
  - ¼ C fresh cilantro leaves, lightly packed
  - 2 ½ C boiling water
- Sriracha sauce and additional low-sodium teriyaki sauce (optional)

### DIRECTIONS

1. Divide each ingredient quantity by two and place into two 1-quart canning jars in the following order: rice noodles, carrots, green onions, bok choy, teriyaki sauce, ginger, bouillon, chicken, walnuts and cilantro.
2. Pour 1 ½ cups boiling water into each jar and screw on cover. Tip jar over several times to mix ingredients. Let stand for 5 minutes, shaking up and down occasionally to mix ingredients.
3. Remove lid and stir with a fork. Microwave for 30 to 60 seconds if ingredients aren't hot enough.
4. Serve with additional Sriracha sauce for a bit of heat and extra teriyaki sauce, if desired.

### NUTRITION INFORMATION PER SERVING

Calories: 560, Total Fat: 22g, Saturated Fat: 3g, Monounsaturated Fat: 4g, Polyunsaturated Fat: 15g, Cholesterol: 60mg, Sodium: 482mg, Carbohydrates: 60g, Dietary Fiber: 6g, Protein: 32g, Total Sugars: 9g, Vitamin D: 4 IU, Calcium: 146mg, Iron: 3mg, Potassium: 1,301mg

Prep Time: 10 min / Cook Time: 5 min / Total Time: 15 min  
Servings: 2 / Yields 2 jars / Serving Size: 1 jar





Prep Time: 3 min / Cook Time: 2 min / Total Time: 5 min  
Servings: 1 / Serving Size: 2 slices of toast

## Avocado Toast with Walnuts, Balsamic and Arugula

### INGREDIENTS

- 2 slices whole grain bread
- ¼ avocado
- ¼ C baby arugula
- 4 cherry tomatoes, sliced widthwise
- ¼ C California walnuts, toasted and roughly chopped
- 1 tsp balsamic glaze
- ⅛ tsp salt
- ⅛ tsp freshly ground black pepper

### DIRECTIONS

1. Toast bread in toaster or toaster oven. Scoop out avocado flesh and mash in a small bowl with a fork. Spread mashed avocado evenly onto each toast slice.
2. Top avocado with arugula leaves, tomato slices and chopped walnuts.
3. Drizzle with balsamic glaze, then sprinkle with salt and black pepper before serving.

### NUTRITION INFORMATION PER SERVING

Calories: 500, Total Fat: 27g, Saturated Fat: 3g, Monounsaturated Fat: 7g, Polyunsaturated Fat: 16g, Cholesterol: 1mg, Sodium: 515mg, Carbohydrates: 53g, Dietary Fiber: 13g, Protein: 6g, Total Sugars: 12g, Added Sugars: 0g, Vitamin D: 0 IU, Calcium: 139mg, Iron: 4mg, Potassium: 466mg



Prep Time: **5 min** / Cook Time: **5 min** / Total Time: **10 min**  
Servings: **1** / Serving Size: **2 cups**

## Walnut, Quinoa and Ranch Chicken Salad

### INGREDIENTS

1 (4.2 oz) container	cooked quinoa
1 (1.5 oz) container	light ranch dip
½ can (2.5 oz)	chicken breast meat
¼ C	cherry tomatoes, halved
3 tbsp	California walnuts, toasted and coarsely chopped
2 tbsp	ranch flavored kale chips

### OPTIONAL

½ C	cucumber, sliced
½ C	red onion, minced
½ C	ripe Kalamata olives, sliced
¼ C	bacon bits

### DIRECTIONS

1. Stir together cooked quinoa and ranch dip in a medium bowl.
2. Lightly stir in chicken, tomatoes and walnuts and crumbled ranch flavored kale chips.
3. Top with a small handful of diced cucumber, red onion, olives and bacon bits for extra crunch and flavor, if desired.

### NUTRITION INFORMATION PER SERVING

Calories: 482, Total Fat: 26g, Saturated Fat: 3g, Monounsaturated Fat: 3g, Polyunsaturated Fat: 12g, Cholesterol: 29mg, Sodium: 861mg, Carbohydrates: 37g, Dietary Fiber: 6g, Protein: 23g, Total Sugars: 7g, Added Sugars: 0g, Vitamin D: 0 IU, Calcium: 66mg, Iron: 3mg, Potassium: 390mg



Prep Time: 5 min / Cook Time: 10 min / Total Time: 15 min  
Servings: 1 / Serving Size: 2 sandwiches

## Walnut Barbecue Sliders

### PLANT-BASED WALNUT MEAT

2 C	California walnuts
½ C	yellow onion, chopped
½ C	cauliflower, chopped
½ C	carrots, shredded
¼ C	olive oil
2 tbsp	white wine vinegar
1½ tsp	paprika
1½ tsp	dried thyme
1 tsp	dried marjoram
¾ tsp	sea salt
½ tsp	black pepper
4 cloves	garlic, minced
1 C	cannellini beans, rinsed and drained

### SLIDERS

¼ C	plant-based walnut meat
1 tbsp	barbecue sauce
1 sm	leaf green leaf lettuce, halved
2 med	tomato slices
1 sm	very thinly sliced red onion, halved
2 ea	Hawaiian sweet rolls, halved horizontally
2 tbsp	low-sodium shredded cheddar cheese

### DIRECTIONS

1. Place all plant-based walnut meat ingredients in a food processor. Pulse to chop all ingredients.
2. Stir together plant-based walnut meat and barbecue sauce in a small bowl. Microwave walnut and barbecue mixture on HIGH for 30 seconds, or heat in a skillet set over medium heat until warm.
3. Place lettuce, tomato and onion on roll bottoms. Top with warm plant-based walnut meat and sprinkle with shredded cheese. Close sandwiches and serve.

### NUTRITION INFORMATION PER SERVING

Calories: 622, Total Fat: 31g, Saturated Fat: 5g, Monounsaturated Fat: 9g, Polyunsaturated Fat: 15g, Cholesterol: 14mg, Sodium: 814mg, Carbohydrates: 71g, Dietary Fiber: 8g, Protein: 18g, Total Sugars: 23g, Added Sugars: 0g, Vitamin D: 0 IU, Calcium: 257mg, Iron: 4mg, Potassium: 316mg



Prep Time: 12 min / Cook Time: 8 min / Total Time: 20 min  
Servings: 6 / Serving Size: 1/6 of recipe

## Corn, Tomato, Black Bean and Walnut Salad

### INGREDIENTS

#### DRESSING

- 1/2 C seasoned rice vinegar
- 3 tbsp extra virgin olive oil
- 1/4 tsp black pepper

#### SALAD

- 1 C California walnuts, toasted
- 3 C no salt added black beans, drained and rinsed
- 16 oz bag frozen sweet corn, prepared according to directions, then cooled
- 2 oz fresh mozzarella cheese pearls
- 1 pt grape tomatoes, halved
- 1 bunch scallions, white and green parts, thinly sliced
- 1 bunch cilantro, roughly chopped
- 1 (5 oz) container baby spinach and kale blend
- 1 lime, cut into wedges

### DIRECTIONS

#### DRESSING

1. Add rice vinegar, extra virgin olive oil and black pepper to a small bowl. Whisk until well combined.
2. Divide equally into 6 individual salad dressing containers. Refrigerate until ready to serve. Or keep in original container, shake well and pour into each lunch container when ready to serve.

#### SALAD

1. Divide walnuts, black beans, corn, mozzarella, tomatoes, scallions and cilantro equally among 6 lunch containers. Refrigerate until ready to serve.
2. Add baby spinach and kale greens to toasted walnut, black bean, corn and tomato salad containers.
3. Drizzle each salad with salad dressing.
4. Serve with lime wedges.

### NUTRITION INFORMATION PER SERVING

Calories: 416, Total Fat: 21g, Saturated Fat: 3g, Monounsaturated Fat: 7g, Polyunsaturated Fat: 9g, Cholesterol: 2mg, Sodium: 456mg, Carbohydrates: 51g, Dietary Fiber: 13g, Protein: 15g, Total Sugars: 9g, Added Sugars: 0g, Vitamin D: 0 IU, Calcium: 131mg, Iron: 4mg, Potassium: 678mg

## Warm Parmesan Zucchini Noodles with Chicken, Tomatoes and Walnuts

### INGREDIENTS

1 tbsp	olive oil
½ C	California walnuts, coarsely chopped
½ C	red onion, chopped
½ tsp	garlic salt
1 C	small cherry tomatoes, halved
4 C	fresh zucchini spirals (about 2 medium-large zucchini)
¾ C	cooked chicken, diced or shredded
⅓ C	Parmesan cheese, shredded
⅛ tsp	black pepper

### DIRECTIONS

1. Melt butter in a large skillet over medium heat. Add walnuts, red onion and garlic salt and cook until walnuts are toasted and onion is softened.
2. Stir in tomatoes and cook just until barely softened, stirring frequently. Add zucchini and cook until zucchini is tender. Stir in chicken and Parmesan. Season with pepper.
3. Let cool then pack in 2 airtight containers. Chill until ready to reheat.
4. To reheat, place in a microwave-safe bowl. Cover lightly and microwave on HIGH for 1 minute or cook in a medium skillet set over medium heat until heated through.

Recipe tip: Don't overcook the zucchini and tomatoes. They'll continue to soften as they cool and also as they reheat.

### NUTRITION INFORMATION PER SERVING

Calories: 466, Total Fat: 32g, Saturated Fat: 6g, Monounsaturated Fat: 9g, Polyunsaturated Fat: 15g, Cholesterol: 54mg, Sodium: 782mg, Carbohydrates: 19g, Dietary Fiber: 6g, Protein: 30g, Total Sugars: 9g, Added Sugars: 0g, Vitamin D: 5 IU, Calcium: 253mg, Iron: 3mg, Potassium: 1154mg

Prep Time: 10 min / Cook Time: 10 min / Total Time: 20 min  
Servings: 2 / Serving Size: about 2 cups





Prep Time: 5 min / Cook Time: 5 min / Total Time: 10 min  
Servings: 1 / Serving Size: 1 portobello mushroom

## Stuffed Portobello Mushroom with Plant-Based Walnut Meat

### PLANT-BASED WALNUT MEAT

2 C	California walnuts
½ C	yellow onion, chopped
½ C	cauliflower, chopped
½ C	carrots, shredded
¼ C	olive oil
2 tbsp	white wine vinegar
1 ½ tbsp	paprika
1 ½ tsp	dried thyme
1 tsp	dried marjoram
¾ tsp	sea salt
½ tsp	black pepper
4 cloves	garlic, minced
1 C	cannellini beans, rinsed and drained

### PORTOBELLO MUSHROOM

¼ C	plant-based walnut meat
1 tbsp	shredded carrot
1 tbsp	bell pepper, minced
1 tbsp	green onion, sliced
1 lg	portobello mushroom, stem removed
2 tbsp	shredded sharp Cheddar or Jack cheese

### DIRECTIONS

1. Place all plant-based walnut meat ingredients in a food processor. Pulse to chop all ingredients.
2. Transfer to a large nonstick skillet and cook over medium heat for 10 minutes, stirring frequently, until vegetables are cooked and mixture is lightly browned.
3. Stir together ¼ cup plant-based walnut meat, carrot, bell pepper and green onion in a small bowl. Spoon onto mushroom and top with cheese.
4. Place in an airtight container until ready to eat.
5. Place on a small baking sheet and bake at 425°F for 10 to 12 minutes or until mushroom is soft, or microwave on HIGH for 1 ½ to 2 minutes or until cheese is melted and mushroom cap is hot.

### NUTRITION INFORMATION PER SERVING

Calories: 349, Total Fat: 28g, Saturated Fat: 5g, Monounsaturated Fat: 9g, Polyunsaturated Fat: 13g, Cholesterol: 14mg, Sodium: 378mg, Carbohydrates: 17g, Dietary Fiber: 7g, Protein: 12g, Total Sugars: 5g, Added Sugars: 0g, Vitamin D: 12 IU, Calcium: 174mg, Iron: 2mg, Potassium: 518mg

## Tuna Salad Sandwich with Apples and Walnuts

### INGREDIENTS

- 1 (2.6 oz) pkt chunky light tuna in water
- 1 pkt mayonnaise (about 1 tbsp)
- ¼ sm apple, cored and diced
- 1 tbsp dried cranberries
- 2 tbsp California walnuts, coarsely chopped
- ⅓ tsp black pepper
- 2 tbsp crispy onions, lightly crushed (optional)
- 2 slices wheat bread

### DIRECTIONS

1. Stir together tuna, mayonnaise, apple, dried cranberries and walnuts in a small bowl. Season with black pepper and sprinkle with crispy onions, if desired.
2. Spread the tuna mixture on wheat bread for a sandwich and pack in a bento box with walnut hummus and veggies and toasted walnut trail mix.

### NUTRITION INFORMATION PER SERVING

Calories: 520, Total Fat: 21g, Saturated Fat: 3g, Monounsaturated Fat: 4g, Polyunsaturated Fat: 13g, Cholesterol: 44mg, Sodium: 603mg, Carbohydrates: 56g, Dietary Fiber: 11g, Protein: 19g, Total Sugars: 18g, Added Sugars: 0g, Vitamin D: 1 IU, Calcium: 100mg, Iron: 3mg, Potassium: 115mg

Prep Time: 5 min / Cook Time: 0 min / Total Time: 5 min  
Servings: 1 / Serving Size: 1 cup





Prep Time: **15 min** / Cook Time: **0 min** / Total Time: **15 min**  
Servings: **1** / Serving Size: **16 ounces**

## Carrot Cake Smoothie

### INGREDIENTS

- 2 med raw carrots, peeled, trimmed and roughly chopped
- $\frac{3}{4}$  C 1% milk
- $\frac{1}{2}$  C low-fat vanilla yogurt
- $\frac{1}{4}$  C California walnuts
- 1 sm frozen banana
- 1 tsp quick-cooking oats
- $\frac{1}{2}$  tsp ground cinnamon

### DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth. Pour into a large glass and enjoy immediately.

### NUTRITION INFORMATION PER SERVING

Calories: 496, Total Fat: 24g, Saturated Fat: 4g, Monounsaturated Fat: 4g, Polyunsaturated Fat: 14g, Cholesterol: 17mg, Sodium: 246mg, Carbohydrates: 58g, Dietary Fiber: 9g, Protein: 19g, Total Sugars: 35g, Added Sugars: 0g, Vitamin D: 88 IU, Calcium: 503mg, Iron: 2mg, Potassium: 1,038mg

BUILD - YOUR - OWN

# BENTO BOX



## TIP 1

### Create a Ratio

Just like with your plate, create the same kind of ratio in your bento box. The ideal ratio is one serving of good fats (like walnuts), one serving of protein, two serving sizes of whole-grain carbohydrates, and two servings of fruits and vegetables.

## TIP 2

### Add color and Texture

Variety is key! When choosing which foods to include in your bento box, go for a few bright colors to provide visual impact and make sure you have a variety of textures, such as something creamy, crispy and crunchy.

## TIP 3

### Pack Foods Tightly

Pack your foods neatly and tightly into your bento box container, starting with the bulk food first—usually the carbs and protein—then the flexible foods such as fruits and veggies and good fats. The tighter the food is packed into your bento, the more likely your bento will maintain its aesthetic and food will stay neatly in place.

# HOW TO TOAST WALNUTS

Toasting walnuts is a simple effort that can transform a dish from good to amazing! It deepens the flavor of walnuts, making them even more nutty and complex. It also gives them a crisper texture, which is one of the reasons they make great additions to so many recipes. To punch up your lunch, try toasting walnuts (it only takes a few minutes!) before adding them to your salads, power bowls, smoothies and more.

**There are two basic ways to toast walnuts: in the oven or on the stovetop.**

## STOVETOP TOASTING



**Good for small batches of walnuts.**

### DIRECTIONS

Do not chop or mince the walnut halves before toasting.

Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they are golden brown and smell toasted.

Since the nuts will burn easily in a skillet, you must stir constantly to ensure even toasting.

Remove walnuts to a plate or bowl to cool.

If desired, sprinkle with salt when cool.

## OVEN TOASTING



**Great for large and small batches of walnuts.**

### DIRECTIONS

Preheat oven to 350°F.

Do not chop or mince the walnut halves before toasting.

Place nuts in a single layer in an ungreased, shallow pan or rimmed cookie sheet in order to prevent spillage.

Bake 8 to 10 minutes or until the nuts are golden brown.

Stir or shake the pan during toasting in order to aid in even browning.

Be careful not to burn the walnuts.

Remove the pan to cool.

Toasted, deep golden-colored walnuts will continue to brown slightly after they're removed from the oven. If desired, sprinkle with salt when cool.



# TIPS FOR BUYING WALNUTS

After California walnuts are harvested, they are held in cold storage to ensure high-quality, fresh-tasting walnuts are available throughout the year.



## Shelled Walnuts

Available in bags and in bulk bins in the produce section or snacking and baking aisles. Shelled walnuts sold as halves and pieces, and chopped are available in supermarkets and club stores year-round.



## In-Shell Walnuts

Available in bags and in bulk bins, typically in the produce section. Stock up in the fall and early winter months when in-shell walnuts are most readily available.

# HOW TO STORE WALNUTS

Storing walnuts correctly can preserve their taste and flavor. But some people might not realize the pantry isn't the best place to keep them. At-home cooks can get the most out of their walnuts by following a few simple tips:

## Cold Storage = Fresh Taste

The best place to store walnuts is in the refrigerator, if you're planning to use them right away. If you are storing them for a month or longer, put them in the freezer. Walnuts can absorb flavors of other foods so keep them away from foods with strong odors.

## Prep as Needed

Only shell, chop or grind walnuts as needed right before using them. This will help maintain great flavor.

## Keep Air Out

If you buy walnuts in sealed packaging, you can store them in their original packaging. Once you open the sealed bag or if you buy bulk walnuts, transfer them to an airtight container to maintain freshness.

## Know When They've Gone Bad

Walnuts can go rancid when exposed to warm temperatures for long periods of time. If your walnuts have a sour odor, it's time to throw them away!

# WHERE DO CALIFORNIA WALNUTS COME FROM?

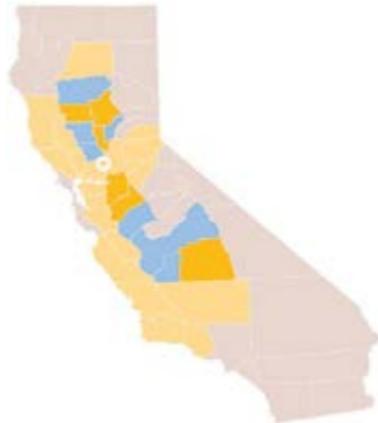
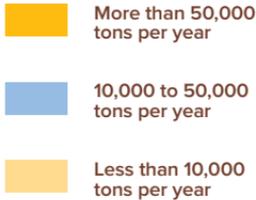
When people pick up a bag of walnuts at the grocery store, they don't always realize they are likely buying them from a family-owned farm in California.

Walnut production takes commitment and patience, and our farmers are passionate about growing and harvesting high-quality walnuts.

- ▶ More than 99% of walnuts grown in the United States come from California's 350,000 bearing acres of walnut orchards.
- ▶ The Central Valley of California is the state's prime walnut growing region, with a mild climate and deep fertile soils that provide ideal growing conditions.
- ▶ There are more than 4,800 California walnut growers, and most farms are owned and operated by families who have been in the walnut business for several generations.

## WHERE ARE WALNUTS GROWN?

Walnut Tonnage by County





[WWW.WALNUTS.ORG](http://WWW.WALNUTS.ORG)

