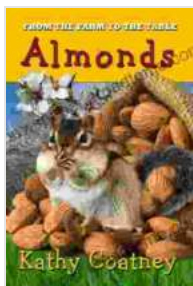


From the Farm to the Table: Almonds



Almonds are a delicious and nutritious nut that has been enjoyed for centuries. They are a good source of protein, fiber, and healthy fats, and they are also rich in antioxidants. Almonds can be eaten raw, roasted, or used in a variety of recipes.



From the Farm to the Table Almonds by Kathy Coatney

★★★★★ 5 out of 5

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File size : 4563 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 34 pages
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In this article, we will take a journey from the farm to the table to learn more about almonds. We will explore how almonds are grown, harvested, and processed, and we will also provide some tips on how to enjoy this delicious and nutritious nut.

How Are Almonds Grown?

Almonds are grown on almond trees, which are native to the Middle East. The trees can grow to be up to 30 feet tall, and they have a lifespan of 20 to 30 years. Almond trees need a warm climate with well-drained soil. They are typically grown in California, which produces about 80% of the world's almonds.

Almond trees blossom in the spring, and the nuts are ready to harvest in the fall. The nuts are enclosed in a hard shell, which must be cracked open to get to the edible kernel.

How Are Almonds Harvested?

Almonds are typically harvested by shaking the trees. The nuts fall to the ground, where they are collected and cleaned. The nuts are then dried and stored in a cool, dry place.

How Are Almonds Processed?

Almonds can be processed in a variety of ways. They can be sold raw, roasted, or salted. Almonds can also be used to make almond butter,

almond flour, and almond milk.

The Nutritional Benefits of Almonds

Almonds are a nutrient-rich food. They are a good source of protein, fiber, and healthy fats. Almonds are also rich in antioxidants, which can help to protect the body from damage caused by free radicals.

One ounce of almonds contains the following nutrients:

* Calories: 162 * Protein: 6 grams * Fiber: 4 grams * Fat: 14 grams *
Carbohydrates: 6 grams * Sugar: 1 gram * Vitamin E: 37% of the Daily
Value (DV) * Magnesium: 20% of the DV * Calcium: 10% of the DV * Iron:
4% of the DV

How to Enjoy Almonds

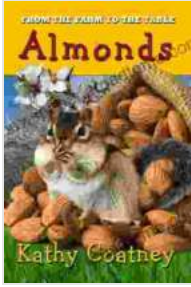
Almonds are a versatile food that can be enjoyed in many different ways. Here are a few ideas:

* Eat almonds raw as a snack. * Add almonds to salads, yogurt, or oatmeal.
* Use almonds to make almond butter or almond milk. * Roast almonds
with your favorite spices. * Use almonds to make almond flour for baking. *
Add almonds to stir-fries or other cooked dishes.

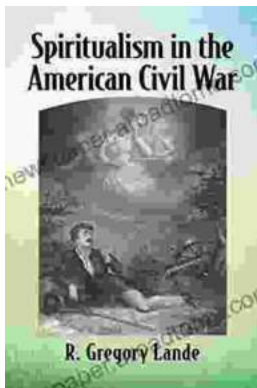
Almonds are a delicious and nutritious nut that can be enjoyed in many different ways. They are a good source of protein, fiber, and healthy fats, and they are also rich in antioxidants. Whether you eat them raw, roasted, or salted, almonds are a healthy and satisfying snack.

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