



The little book of
BIG FACTS

The California Walnut Commission

The California Walnut Commission is here to support the UK trade and educate consumers on the benefits and unique attributes of California Walnuts.

Both trade and consumer marketing campaigns are designed to increase both awareness and consumption of California Walnuts.

Welcome to the walnut, the California Walnut.



THE 2018/19 CROP YEAR...

UK shelled imports **increased**

16%

10,047,312
shelled pounds

Europe's
5TH
LARGEST
importer of
CALIFORNIA WALNUTS



71 YEARS

representing the growers in California

California Walnut Board (CWB) was established in 1948 to represent the walnut growers and handlers.

32 YEARS

putting plans into action

California Walnut Commission (CWC), established in 1987, created to oversee the Board's plans and is funded by mandatory assessments of the growers.

Representing the interests of over

4,800 WALNUT GROWERS

with many farms still family run



Exports to the UK are valued at

\$25,534,415



The UK has now become the

12TH LARGEST

export market worldwide



California's Central Valley currently has

365,000 ACRES

of walnut orchards under production

The walnut growing region is the prime Central Valley of California, which has a mild climate and deep fertile soils that provide ideal growing conditions.

99% of all US walnuts are
grown in California

California represents 99% of United States production of walnuts with production in 2018/19 reaching 672,723 tons.





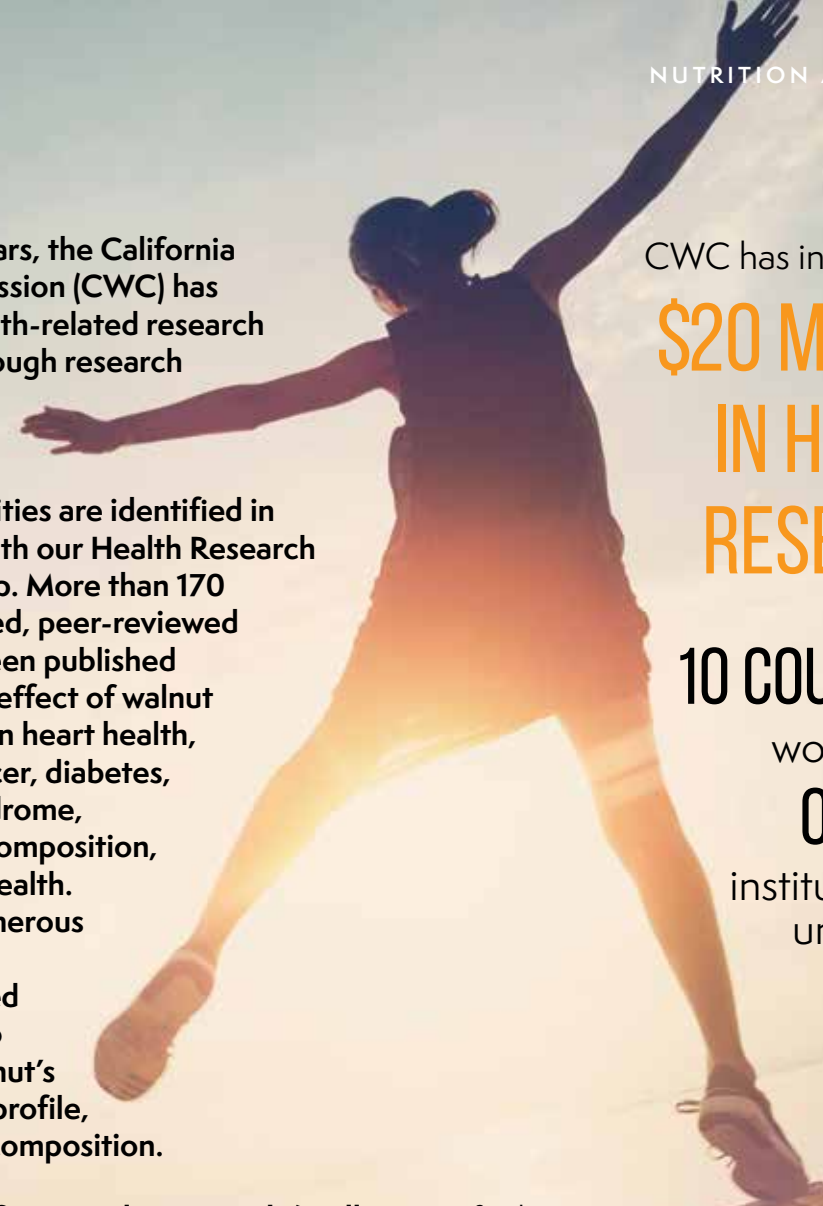
CALIFORNIA is the
2ND LARGEST PRODUCER
of walnuts globally and provides
60% of the world's
trade volume



For over 30 years, the California Walnut Commission (CWC) has supported health-related research on walnuts through research grants and the provision of walnuts.

Research priorities are identified in consultation with our Health Research Advisory Group. More than 170 CWC-supported, peer-reviewed papers have been published examining the effect of walnut consumption on heart health, cognition, cancer, diabetes, metabolic syndrome, body weight/composition, reproductive health. In addition numerous studies have been performed and updated to determine walnut's micronutrient profile, and bioactive composition.

Visit www.californiawalnuts.co.uk/wellness to find out more.



CWC has invested over
\$20 MILLION
IN HEALTH
RESEARCH
in
10 COUNTRIES
working with
OVER 60
institutions and
universities.



Research reveals the health benefits of California walnuts:



Consuming walnuts may reduce the risk of **heart disease**.¹



Walnuts are a **rich source of thiamin, vitamin B6** and a **source of magnesium and biotin** which contribute to normal psychological function.¹



Walnuts are a source of **fibre** and provide **4.7g protein** per **30g serving**.

Research from the NPD Group, a worldwide operating American market research company, highlights **SNACKING OCCASIONS** are predicted to **REPLACE ROUTINE MEAL OCCASIONS BY 12% BY 2024**.³



Walnuts fit well with UK dietary guidelines for healthy eating. The Eatwell Guide advises on how much of what we eat should come from each food group, ultimately helping us to get a balance of healthier food. As a plant-based protein, walnuts belong to the protein group of The Eatwell Guide and eating more of these is encouraged (walnuts provide 14.7g protein/100g). Choosing unsaturated fats is also encouraged, as is increasing fibre intake and limiting sugar and salt intake. Walnuts are a source of fibre, high in polyunsaturated fat, low sugar and very low salt.²

¹ as part of a healthy balanced diet and lifestyle https://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=register.home

² <https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

³ <https://www.npd.com/wps/portal/npd/us/news/press-releases/2017/snack-foods-are-increasingly-consumed-at-main-meals-and-gen-zs-and-millennials-will-drive-this-trend-over-the-next-decade/>



CALIFORNIA WALNUTS AND HEART HEALTH

The only significant source of plant-based **Alpha Linolenic Acid (ALA) Omega-3** in a tree nut.⁴
 (2.2g per 30g serving)

Alpha Linolenic Acid contributes to the maintenance of normal blood cholesterol levels.⁵

California Walnuts have the heart-health seal of approval from **the heart health charity, Heart UK.**



Walnuts are also very **low in salt**. Reduced salt within the diet contributes to the maintenance of **normal blood pressure**.⁶

Improvement of the elasticity of **blood vessels**.⁵

⁴ Food Standards Agency (2002), McCane & Widdowson's The Composition of Foods, Seventh summary edition, Cambridge: Royal Society of Chemistry.


⁵ EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to walnuts and maintenance of normal blood LDL-cholesterol concentrations (ID 1156, 1158) and improvement of endothelium-dependent vasodilation (ID 1155, 1157) pursuant to Article 13(1) of Regulation (EC) No 1924/2006. EFSA Journal 2011; 9(4):2074. [19 pp.]. doi:10.2903/j.efsa.2011.2074.

⁶ EU Register of nutrition and health claims made on foods. Based on the 30g recommended daily intake.



CALIFORNIA WALNUTS ARE A NUTRIENT RICH 'SUPERFOOD'

| WALNUTS | | PER 100G | PER 30G PORTION |
|-----------------|------|----------|-----------------|
| Energy | kJ | 2837 | 851 |
| | kcal | 688 | 206 |
| Fat | g | 68.5 | 20.6 |
| Saturates | g | 7.5 | 2.3 |
| Monounsaturates | g | 10.7 | 3.2 |
| Polyunsaturates | g | 46.8 | 14.0 |
| Carbohydrates | g | 3.3 | 1.0 |
| Sugars | g | 2.6 | 0.8 |
| Fibre | g | 4.7 | 1.4 |
| Protein | g | 14.7 | 4.4 |
| Salt | g | 0.02 | 0.01 |



Food Standards Agency (2002), McCance & Widdowson's The Composition of Foods, Seventh summary edition. Cambridge: Royal Society of Chemistry



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WALNUTS ARE THE ONLY NUT SIGNIFICANTLY HIGH IN OMEGA-3 ALA.

Alpha-linolenic acid (ALA) is an omega-3 essential fatty acid. Essential in nutrition terms means our bodies cannot make it, so we need to eat foods like walnuts that contain ALA for good health and normal growth and development.

With worldwide diet guidelines and recommendations emphasising plant-based foods and replacing saturated fats with unsaturated fats, walnuts are a great addition to meals.

Visit www.californiawalnuts.co.uk/wellness to find out more.

as part of a healthy balanced diet and lifestyle
https://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=register.home



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CALIFORNIA WALNUTS
CAN BENEFIT THE BRAIN
AND COGNITIVE HEALTH

WALNUTS ARE A SOURCE OF
PANTOTHENIC ACID WHICH
CONTRIBUTES TO **NORMAL**
MENTAL PERFORMANCE*

WALNUTS ARE A SOURCE OF
IRON AND ZINC WHICH
CONTRIBUTES TO **NORMAL**
COGNITIVE FUNCTION.

IRON ALSO CONTRIBUTES
TO THE NORMAL COGNITIVE
DEVELOPMENT OF CHILDREN*

*as part of a healthy balanced diet and lifestyle
https://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=register.home



The walnut tree has been around since

7000 BC

it is the oldest tree food known to man

Early history indicates that walnuts came from ancient Persia, where they were reserved for royalty. So, the 'Persian Walnut' was also referred to as the 'The Royal Nut'.

Merchants traded the product through ports around the world and they then became known as 'English Walnuts'.



Walnuts in CALIFORNIA date back over

230 YEARS



The walnut was first cultivated in California by the Franciscan Fathers in the late 1700s.

By the 1870s modern walnut production had begun with orchard plantings in southern California.



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First COMMERCIAL
plantings began in

1867

The first commercial walnut tree plantings began in 1867 when Joseph Sexton planted English walnuts in the Santa Barbara County town of Goleta, accounting for 65% of all bearing acreage. Some 70 years after Sexton's first planting, the centre of California Walnut production moved northward to the Central Valley area, in one of the most dramatic horticultural moves in history. A superior growing area, enhanced irrigation and improved pest control methods in the north resulted in greater yields, which gradually increased each year.



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After a walnut sapling is planted, it takes

5-7 YEARS FOR IT TO GROW

into an adult tree ready for harvesting.

Producing a California Walnut takes commitment and patience, and orchards are dedicated solely to walnut production.



A California Walnut tree can bear fruit for up to

100 YEARS

but are only commercially viable for

30-35 YEARS

Harvesting begins in late August, when the drying green hulls start to split (allowing the in-shell walnuts to be removed), and continues until late November.



The California Walnut harvesting process can be summarised in these basic steps:

PREPARE ORCHARD FLOOR FOR HARVEST BY SWEEPING

TREE SHAKING (WITH MECHANICAL ASSISTANCE)

SWEEP FALLEN NUTS INTO ROWS

COLLECT & CLEAN

SORT (QUALITY CERTIFIED)

PACK OR SHELL

GRADE SHELLED WALNUTS (BY SIZE AND COLOUR)

FOOD SAFETY TESTS TO MEET REGULATORY REQUIREMENTS



California Walnuts are
graded into
TWO distinctive
markets, 'IN-SHELL
AND SHELLED'

IN-SHELL WALNUTS - Following drying, sizing of the in-shell nut occurs. Sizes include jumbo, large, medium or baby.

SHELLED WALNUTS - Kernels are screened into a series of sizes, air separated from shells, and moved through electronic colour graders and shell sorters.

Final step in the process is hand sorting.

Standard size grade for shelled walnuts*:

- **Walnut Halves**
- **Walnut Pieces and Halves**
- **Walnut Pieces**
- **Walnut Small Pieces**

(*Descriptions and size tolerances are based on the United States Department of Agriculture (USDA) standards)

However, within the industry smaller pieces are made available for decoration and ingredients:

- **Topping pieces**
- **Walnut Meal** (doubled diced - the smallest form of walnut, from a course meal to a fine powder).

California Walnuts may be colour sorted to meet specific trade needs.

The walnut spectrum chart, from the Dried Fruit Association (DFA) of California, illustrates the range of colour classifications available. Grouped as:

- **Extra light**
- **Light**
- **Light amber**
- **Amber**

STRICT REGULATION AND QUALITY CONTROL

California Walnuts are grown and processed under the strict regulation of the US Department of Agriculture (USDA) and the Dried Fruit Association (DFA) of California.

Visit www.californiawalnuts.co.uk for full details on the shelled walnut sizes and colours.

HALVES, LIGHT



PIECES & HALVES, LIGHT/LIGHT AMBER



MEDIUM PIECES, LIGHT



SMALL PIECES, LIGHT/LIGHT AMBER



TOPPING PIECES, LIGHT



MEAL, LIGHT/LIGHT AMBER



The choice is yours!



COLD STORAGE = FRESH TASTE!

Keeping walnuts cold and in-shell as long as possible ensures high-quality, fresh-tasting California Walnuts throughout the year.

Maintain the great walnut flavour by shelling, chopping or grinding walnuts when you're ready to use them.



The mild flavour and soft texture of California Walnuts makes them a **versatile ingredient for flavour profiles in recipes and processed products.**

California Walnuts add nutritional value consumers are looking for in simple ingredients. **Cracking the basics of Plant-based eating.**

VALUE THAT CONSUMERS WILL RECOGNISE AND APPRECIATE.



As a topping in a salad, or as an ingredient in a bakery product, California Walnuts raise the customer's perception of value without substantially raising food costs.



Welcome to the walnut, the California Walnut.

The journey of the walnut can be traced back thousands of years, yet the facts about the oldest tree nut are still shrouded in mystery.

Today, the California Walnut origin is making its own history with impressive facts around the production, research and worldwide trade exports.

The facts speak for themselves...



FOR MORE INFORMATION:
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