

Nuts

Here are some nuts that many of us are familiar with. It's interesting to see what they look like on the tree. The fruit of the cashew nut is quite a surprise! Not all "nuts" are true nuts. In fact, on this page the hazelnut is the only true nut, they rest are drupes. As explained on page 6, drupes are fleshy fruits which surround a hard shell, inside which is a single seed.

Hazelnuts - *Corylus avellana*

Hazelnuts are the nuts from the Common Hazel tree. The trees grow here in Ireland but are grown commercially in Turkey and Italy and in the USA. The nuts are used in cereals, baking, chocolates and chocolate spreads and its oil is used in cooking.



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Walnuts - *Juglans spp.*

Walnuts are the seeds from any of the *Juglans* species of tree. The walnuts we eat mostly come from the Persian Walnut Tree (also known as the English or Common Walnut). The tree is native from southern Europe, southwest and central Asia to the Himalayas and southwest China. They can be grown in Ireland but are very slow-growing.



Cashew Nuts - *Anacardiaceae*

Cashews trees are grown for their cashew nuts but also for the cashew apples - the fruit on which the single seed, or "nut", is attached. These fruit have a strong, sweet smell and taste, and are very juicy. However, the skin is delicate so they are hard to transport. Native to Brazil, the cashew tree was introduced into India and spread throughout South East Asia and to Africa.



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Pistachio - *Pistacia vera*

Pistachios have been eaten by humans for thousands of years. They are one of only two nuts mentioned in the Bible - almonds being the other. Grown on trees, they originally came from the dry areas of central and eastern Asia. The largest producers of pistachios are Iran, Turkey and California.



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Almonds - *Prunus dulcis*

Almond trees grow in warm, moist climates, with the largest groves in California and the Mediterranean. The flowers, which appear before the leaves in spring, are followed by fuzzy fruit in summer. The seeds are used for flavouring and for food, and their oils are used in cosmetics.



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