



WALNUTS



WALNUTS Nutritional Content (in 100 grams)

Calories	654.0	Sugars.....	2.6g	Total Trans Fat.....	0.0g	Iron.....	2.9mg
Protein	15.2g	Added Sugar.....	0.0g	Cholesterol.....	0.0mg	Sodium	2.0mg
Carbohydrates.....	13.7g	Total Fat.....	65.2g	Vitamin D.....	0.0mcg	Potassium.....	441.0mg
Dietary Fiber	6.7g	Saturated Fat.....	6.1g	Calcium	98.0mg		

Source: USDA National Nutrient Database Release 28

VARIETIES

CHANDLER



Harvest is late season. Large oval nut with good shell seal, and high quality kernel. Good kernel yield. Kernel color is excellent with light grade consistently 90% or better. Tip shrivel is characteristic of this variety.

SERR



Harvest is early. Nut size is large, with a fair to good shell seal. Color is generally darker than the Chandler and Hartley varieties. Percentage of kernel can be high, ranging into 60% on good years. Kernel size is large - one nut can weigh 7 to 8 grams.

VINA



Harvest is mid to late season. Medium size pointed nut, with a good shell seal. Kernel color is generally light, but tends to darken in the hotter climates. Kernel yield is usually good, but without adequate pruning this variety can produce a high number of small nuts.

HARTLEY

JUMBO IN-SHELL



LARGE IN-SHELL



MEDIUM IN-SHELL



Harvest is late season. The nut is large with a broad base and a pointed tip, well sealed with a good percentage of light kernels. This variety is mainly used for the bleached or natural in-shell market.

COLOR CHART



LIGHT



COMBO

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Protein..... 15.2g	Added Sugar.....0.0g	Cholesterol..... 0.0mg	Sodium..... 2.0mg
Carbohydrates..... 13.7g	Total Fat..... 65.2g	Vitamin D.....0.0mcg	Potassium..... 441.0mg
Dietary Fiber.....6.7g	Saturated Fat.....6.1g	Calcium.....98.0mg	

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SIZES



HALVES & PIECES
LIGHT 72509
COMBO 72507



LARGE PIECES
3/4" - 9/16"
LIGHT 56106
COMBO 56116



MEDIUM PIECES
9/16" - 1/2"
LIGHT 72505
COMBO 72506



MEDIUM-SMALL PIECES
1/2" - 7/16"
LIGHT 56104
COMBO 73009



SMALL PIECES
7/16" - 3/8"
LIGHT 56099
COMBO 56122



NUGGETS
3/8" - 5/16"
LIGHT 73003
COMBO 73008



NIBS
5/16" - 3/16"
LIGHT 73006
COMBO 56112



MIDGETS
1/4" - 3/16"
LIGHT 56101
COMBO 56111



MEAL
1/8"
LIGHT 56100



DR/NS LIGHT MEDIUM PIECES
FOR INFO ONLY



OIL ROASTED LIGHT MEDIUM PIECES
FOR INFO ONLY

VALUE ADDED

DID YOU KNOW?

The walnut is the oldest known tree food eaten by man. It originated in ancient Persia about 7,000 B.C. Today California is the leading producer, growing 70% of the world's walnuts, thanks to enterprising Franciscan monks, who introduced the trees to the region in the 1700s.

