

# Nut Facts

Dave Morris - Morris Farms

Some people have access to nuts, and we encourage them to buy from the local farmers. There are many who do not know where to find good quality nuts. We offer shelled Walnuts, Almonds, Pecans, R/S Pistachios, R/S shelled cashews and mix nuts with no peanuts. My philosophy is to buy the best nut I could find so you, the customer, will be happy with the product and buy again next year. To ensure quality and freshness we sell only this year's crop.

In 2004 the Almond industry changed. I used to buy Almonds directly from the farmer. Because of the new mandate by the Almond Board of California I cannot buy non-fumigated Almonds directly from the farmer. All Almonds must be fumigated and most are fumigated with a Bromide fumigant. Much of the live nutrients are killed decreasing the nutritional value. The reason people want nuts is for the protein and nutrients that make them healthy. I would venture a guess that at least 95% of all nuts sold in stores today have been fumigated. The Almonds we sell have been pasteurized with an H2O steam process which is approved by the organic industry. Our tests show we still have over 95% nutritional value still in the Almonds.

Some people dislike walnuts because they get canker sores when they eat them. I guarantee the walnuts you buy from us will not cause canker sores. There are three reasons walnuts cause canker sores:

1. A walnut has high oil content, when exposed to heat or air this oil will go rancid and cause canker sores.
2. Some walnuts are highly acidic; our walnuts are not. The acid causes canker sores.
3. All walnuts in the shell are soaked in a solution of chlorine. When this happens the walnut shell pops open and the chlorine solution soaks into the walnut meat. Some of these nuts are then shelled. Now you are eating a walnut soaked in chlorine. Our walnuts are fresh, therefore no rancid oil. Our walnuts are the variety that has little or no acid content, and have not been soaked in chlorine.

We sell shelled Walnuts, Almonds, Pistachios, Pecans, roasted salted shelled cashews and roasted salted shelled mixed nuts that have not been fumigated with bromide and the nuts are still alive and healthy. By finding and using the nuts not exposed to Bromides it costs me more money. I am purchasing the nuts from four different growers and having to make extra trips to pick them up and have them organically fumigated.

The R/S cashews and Mixed nuts are all shelled. Because some companies have a high content of peanuts to keep their costs down we have decided to eliminate the peanuts. **The R/S mixed nuts contain: Cashews, Almonds, filberts, Brazil nuts and Pecans.** I bought these nuts for many years and have always been satisfied with them.

The nuts are shelled and sold in a 2 pound bag. I will guarantee these nuts to be the best tasting nuts you can find.

To recap, you will pay more for these nuts than you will for nuts from the big chain stores. The chain stores in most cases will buy last year's nuts at a lower price and sell them as this year's crop. Last year I looked at a lot of walnuts from the chain stores and all of the shelled ones I saw were rancid. I advise against buying the nuts in the shell because they have been soaked in chlorine which causes rancidity, a bitter taste and canker sores.

### **Important Facts:**

- 1 Try to buy enough nuts to last all year, that way you are guaranteed they are fresh.
- 2 Keep all nuts in the freezer. The bags we use are air barrier bags. When you close a bag get as much air out of it as feasible and then seal it. The least amount of air will help the nuts stay fresher.
3. Only dice or slice up the amount of nuts you will be using. The more the nuts are cut or sliced the quicker they will go rancid, because more of the oil has been exposed to the air. Only cut what you will use immediately.