



Harvest of the Month

WALNUT



All About Walnuts-

Nature's Nutrient- Packed Secret for a Crunchy, Healthy Boost!

A walnut tree is a long term investment in your garden!



Walnut Botany

In California you will see two main types of walnuts: the native tree *Juglans californica* (California Black Walnut); and the tree grown in orchards for the nuts *Juglans regia* (English Walnuts). English walnuts produce the familiar oval shells and big nut meats we are used to seeing. Black walnuts produce smaller round nuts with very tough shells. All walnut trees are deciduous, meaning they drop their leaves and go dormant during the winter season.

Social Science

There are 21 species in the genus *Juglans*. They range across the north temperate Old World from southeast Europe east to Japan, and more widely in the New World from southeast Canada west to California and south to Argentina. The most widely grown species today is the English walnut – which is believed to have originated in Ancient Persia, later taken to Greece, and eventually distributed throughout the Roman empire. There are records of its growth in England in the sixteenth century. It was taken to America and called the English walnut to distinguish it from the native American Black Walnut. The United States is the second largest producer of walnuts in the world, with China taking the top spot.

La nuez means the walnut in Spanish.

Nutrition

Walnuts are a nutrient-dense powerhouse, containing approximately 15% protein, 65% fat with polyunsaturated fatty acids, and serving as a rich source of dietary fiber, B vitamins, antioxidants, and minerals like manganese.

Growing Tips



Planting Preparation:

Walnut trees can get very large and live a long time. Be sure to put them somewhere with deep, well-drained soil and full sun, where they won't shade your existing plants.

Proper Spacing and Care:

Walnut trees require a spacing of at least 30 ft. and you will need to plant two different varieties in order to ensure proper fertilization and good fruit set. They will grow quickly but require little pruning. The first sizable harvest will be 4-5 years after planting.



Harvesting Tips:

Harvesting walnuts can be as easy as waiting for the nuts to fall to the ground in the fall. If harvested this way the nuts will have already lost their husks. If you want to harvest earlier you can knock the nuts out of the tree and then dehusk them. Regardless of the method chosen, cure walnuts in a single layer in a shaded spot for a few days. After curing, store unshelled walnuts for up to a year.



Creating With Walnuts

Walnut husks are often used to create a rich yellow-brown to dark brown dye used for dyeing fabric, yarn or wood.

Walnut husks can also be used to make durable ink for writing and drawing. It is thought to have been used by artists including Leonardo da Vinci and Rembrandt. Walnut trees are also grown for timber, especially Black Walnuts. The wood is quite

beautiful and is often used to make furniture.



Cooking with Walnuts

Walnuts are a versatile delight, perfect for enjoying raw or roasted as a snack and seamlessly elevating the taste of baked goods or any recipes requiring nuts. The roasting process not only enhances their natural oils but also intensifies their flavor. Given their rich oil content, walnuts are commonly transformed into walnut oil, a superb choice for adding a flavorful touch to dishes or creating delectable salad dressings. There are lots of ways to enjoy walnuts—whether sprinkled on salads, stirred into oatmeal, incorporated into cookies or breads, ground into gluten-free flour, or honey-glazed for a sweet treat.

[For walnut recipes visit SGN's Cooking From The Garden page](#)