

Organic Walnut Halves and Pieces

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts	
Valeur nutritive	
Per 1/3 cup (50 g) / par 1/3 tasse (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 320	
Fat / Lipides 27 g	41 %
Saturated / saturés 2 g + Trans / trans 0 g	9 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 250 mg	10 %
Carbohydrate / Glucides 9 g	3 %
Fibre / Fibres 7 g	29 %
Sugars / Sucres 2 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	15 %
Iron / Fer	10 %

Factoid:

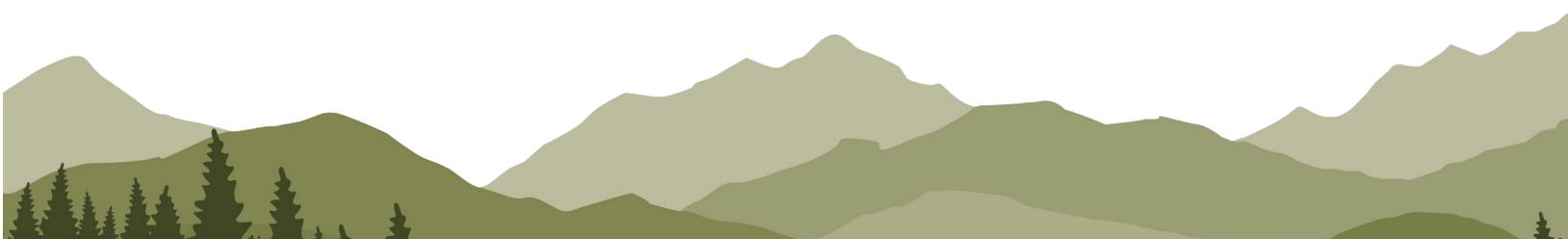
The largest natural walnut forests can be found in Kyrgyzstan. Although walnuts have a high fat content, they provide a rich source of healthy omega-3 fatty acids that aid in preventing heart disease.

Allergen Information:

Contains tree nuts.

Ingredients:

Organic walnuts



Recipe:

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Cherry Walnut Chocolate Bread

Ingredients:

2/3 C dried tart cherries

6 Tbl butter, softened

1 C, plus 1 Tbl granulated sugar

2 eggs

1/2 C fat free sour cream or low fat sour cream

1 large, very ripe banana, mashed

2 tsp vanilla extract

1 1/2 C flour

6 Tbl unsweetened cocoa

1 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

1/4 tsp cinnamon

1 C walnuts, chopped

Instructions:

1. Preheat oven to 350F. Soak dried cherries in very hot water for about 15 minutes and drain. thoroughly prior to chopping them. Coarsely chop and set aside.
2. In bowl of electric mixer, cream butter and sugar until light and fluffy. Beat in eggs until smooth. Beat in sour cream, banana and vanilla until blended. In a separate medium bowl, combine dry ingredients; add to banana mixture beating on low speed until just mixed. Fold in nuts and chopped cherries.
3. Spread batter into 9 x 5 inch loaf pan that has been coated with nonstick spray, and bake about 1 hour, or until toothpick inserted in centre comes out clean.
4. Cool in pan 10 minutes, then remove from pan and cool completely on wire rack. Store in a sealed plastic bag in refrigerator or freezer.

Farmer:

Dixon Ridge Farms

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Farming is in the Lesters' roots. Born and raised in the Valley of the Heart's Delight (now known as Silicon Valley), like many generations before him, Russ Lester grew up working in his family prune orchards. It wasn't until his college chemistry and botany courses that he realized the potential harmful effects of chemical herbicides, fertilizers, and pesticides. In 1979, Russ decided to follow in his father's footsteps – he and his wife bought a 69 acre dilapidated almond orchard in Winters, California and started converting the orchard to walnuts. Unfortunately, it was a tragic wake-up call that convinced the Lesters to stop using agrochemicals. Russ's father was diagnosed with Non-Hodgkin's Lymphoma, and around this same time they had learned of a study linking this type of lymphoma to herbicides used in conventional farming. The Lesters decided for their young family's health to transition to organic farming. They switched to using no-till cover crops, integrated pest management, composted manure, a more efficient sprinkler system, recycled packaging, and to putting solar panels on their buildings. And to reduce their energy use, the Lesters have found a way to turn their leftover walnut shells into electricity and gas which goes back into the process of drying and processing their walnuts. Through these efforts, they have been able to cut costs while reducing their environmental footprint. Each year they learn and improve the whole-systems approach they started over 30 years ago, always working towards becoming more sustainable.

