



Episode 112 – Walnuts: Harvesting Good Health

Answer Key

1. Walnuts help prevent disease, prolong life, lower blood pressure and cholesterol levels, and boost immune system.
2. Weeding, feeding, pruning and watering the leafy walnut trees.
3. Mediterranean climate; hot summers, and mild winters.
4. 340 thousand, 99
5. Shaker. The shaker grips the tree, shaking off the walnuts for three seconds.
6. 50, the rest go to a processing plant.
7. Magnesium, fiber

Website resources:

America's Heartland: http://americasheartland.org/episodes/episode_112/walnuts.htm

California Walnuts: <http://www.walnuts.org>