

NUTS ABOUT TREE NUTS!!

About Tree Nuts

Nuts that grow on trees are the fruit of the trees. These seeds are hard-shelled or hard-walled fruit. The inside of a nut seed is dry instead of juicy. **The nuts that we eat remain inside the hard shell, unlike the fruit that opens and drops its seeds.** Nuts give humans and wildlife many vitamins and nutrients.

Treetures "Best Picks" Tree Nut Recipes

Here are some Crunchy Tree Nut Recipes That Kids Can Make!

*Courtesy of the Northern Nut Growers Association, Inc.
And Treetures Interns*

Thank you to The Northern Nut Growers Association, Inc. for the following recipes that use the wonderful gift of tree nuts to make such delicious treats. The *Northern Nut Growers Association* brings together people who are interested in growing nut trees. There are many people who enjoy growing trees that produce the kinds of nuts that both people and wildlife can eat.

Farmers, teachers, scientists, nut tree breeders, nursery people, foresters and beginning nut growers all have discovered the treasures that come from a tree that gives us nuts.

The most popular kinds of nut and fruit trees that **NNGA** members plant are **walnut, filbert, pecan and hickory chestnut, oak, pine nut, paw paw, and persimmons.**

The *Northern Nut Growers Association* has been studying nut tree growth since 1910!

TREE CHEERS FOR THEM!

If you need to use a knife, the oven or stove remember to ask an adult to help you!



Watch for *Mama Greenleaf* to remind you to get help.

Please remember to check to see if any of your friends or students have nut allergies before offering them a taste.

Banana Nut Popsicle

1 very ripe banana

1 tablespoon of chopped walnut or another nut

This recipe is a great way to use up very ripe bananas.

Peel the banana, then roll it over a tablespoon or more of chopped walnuts or other nuts.

Wrap it in waxed paper or plastic wrap and freeze it overnight.

Eat it like a popsicle.

Date Nut Kisses

Canola Oil Spray

1/3 cups sliced almonds

1 large egg white, room temperature

Pinch of salt

Pinch of cream of tartar

1/4 tsp. rum-flavored extract

2 tablespoons of granulated sugar

3 tablespoons of lightly-packed brown sugar

1/2 cup chopped dates

1/2 cup raisins



Set 2 oven racks at top and bottom thirds of oven. Preheat oven to 300 degrees. Spray 2 non-stick baking sheets generously with oil spray.



In shallow pan over medium-high heat, toast almonds until lightly browned, about 5 minutes, stirring several times. Set aside.

In clean, dry bowl, beat egg white with salt and cream of tartar until soft peaks form.

Add rum extract.

While beating, gradually sprinkle in granulated sugar.

Beat in dark brown sugar 1 tablespoon at a time.

Fold in dates, raisins and almonds.

Drop mixture by teaspoon onto baking sheets 3 inches apart, to make 25 cookies.

Stagger pans on separate racks so lower pan is not directly below top pan.



Bake cookies 10 minutes. Switch pans to opposite racks. Bake 10 minutes more or until cookies are light brown, firm and feel dry to the touch.



Turn off oven. Let cookies sit in oven 20 minutes. Remove from oven and cool completely on baking sheets.

Using metal spatula, gently remove cookies from sheets.

If not served immediately, store in airtight container, with wax paper between layers, up to 3 days. Crisp on the outside and slightly chewy inside on the first day, they later become chewy throughout.

Makes 25. Per cookie: 37 calories, <1 g. total fat (0 g. saturated fat), 8 g. carbohydrate, <1 g. protein, <1 g. dietary fiber, 15 mg. sodium.

Muffins
Banana-Orange Bran Muffins
with Pecans and Raisins

Nonstick cooking spray

1 cup mashed ripe bananas (about 3 medium bananas)

1/2 cup frozen orange juice concentrate, thawed

1 egg

1/4 cup canola oil or light olive oil

1 1/2 cups bran flakes cereal

1 cup whole wheat pastry flour

2 tsp. baking powder

1/4 tsp. baking soda

1/4 tsp. cinnamon

1/8 tsp. salt

1/2 cup raisins, regular or golden

1/4 cup chopped toasted pecans



Preheat oven to 400 degrees.

Spray 12-cup muffin tin with nonstick cooking spray and set aside. In large bowl, whisk (stir) together mashed bananas, orange juice concentrate, egg and oil.

Stir in bran flakes, let sit about 15 minutes to soften cereal.

In separate bowl, combine flour with baking powder, baking soda, cinnamon and salt.

Add to cereal mixture and stir just until combined.
Gently stir in raisins and pecans.
Spoon batter evenly into muffin tins.



Bake 20 to 25 minutes or until done.
Cool 5 minutes in tin.

Makes 12 servings. Per serving (1 muffin): 176 calories, 7 g. total fat (<1 g. saturated fat), 27 g. carbohydrate, 3 g. protein, 3 g. fiber, 175 mg. sodium.

Hickory-Nut Macaroons*

2 cups of finely chopped hickory nuts

2 eggs

4 tablespoons of sifted, pulverized flour

1 cup of sifted sugar

almond extract

Beat the eggs very light, beating in the flour slowly, then the sugar by spoonfuls and almond extract.

Add the nuts last.



Bake on buttered paper or tray in a slow oven.

Recipe courtesy of Mrs. Chas. Strickland

Almond Balls*

2 cups of sugar

3/4 cup of cold water

1/2 pound of blanched almonds *

drops of vanilla or bitter almonds (to taste)



Boil sugar and cold water until it thickens.

Set away to cool for half an hour, and then add a half pound of blanched almonds broken into small pieces, and a few drops of either vanilla or bitter almonds, according to taste.

Stir with a wooden spoon until it creams; place on a marble slab or a large dish and knead a few minutes as you would bread; then mold into balls with your hands.



To blanch almonds: shell them, immerse in boiling water and let stand five minutes; then dip in cold water and the skins can be easily removed.

Recipe courtesy of Mrs. Clyde

7 Layer Cookie

1/2 cup butter

1 cup graham crackers

1 cup semi-sweet chocolate morsels

1 cup butterscotch morsels

1 cup flaked coconut

1 14 ounce can of sweetened condensed milk

1 cup chopped pecans

Place butter in 13x9x2 inch baking pan.

(Symbol) Preheat dish in oven at 350 for 5 minutes or until butter melts.

When you remove a hot dish, use potholders or gloves.

Place dish on stove top, wire rack or surface that will not burn

Layer graham cracker crumbs and next 3 ingredients over butter. Pour condensed milk over the coconut. And top with pecans.



Bake at 350 for 30 minutes.

Cool on a wire rack.



Cut into squares.

Recipe courtesy of Olivia Gatto age 15, Treetures Intern, 2012