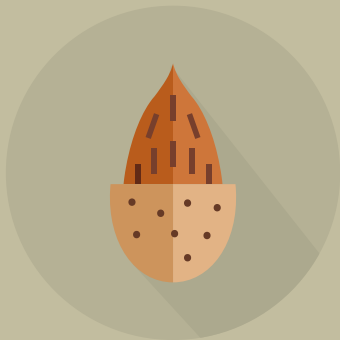




Nutty for Nuts

Where do my nuts come from?

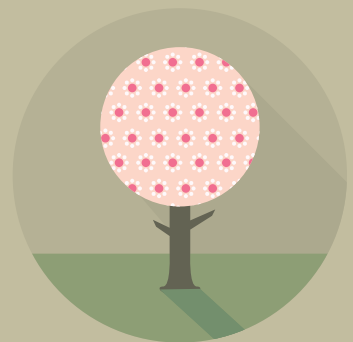


Different nuts grow in different ways. In this fact sheet we will look at where **Almonds** come from.

Almonds grow on trees that originally come from the Middle East, India and North Africa. Since ancient times, people have cultivated the almond tree for its seeds (or nuts).

Humans carried almond seeds with them to eat on long journeys, spreading the trees across the globe. Ancient doctors believed eating a handful of almonds every day would drastically improve your memory!

The almonds you snack on are actually the seeds of the almond tree. **There are two types of almonds: bitter and sweet.** Sweet almonds usually come from trees with white flowers, and bitter almonds come from those with pink flowers.



The fuzzy green almond fruit appears in early summer. In July it starts to split open, slowly widening until October when the almond nut starts to dry out. **The almond tree likes the sunshine and nice, warm, sandy soils.** Every year millions of tonnes of almonds are grown, most of them in California in the USA.

Quiz

1. Complete the sentence – Almonds grow on.....
2. Almonds like the sun (true or false)
3. What colour do Almonds start their almond lives?