

# California Walnuts

September 2008

As the season changes, so do our routines and appetites. Fortunately during this fall season, there are many comfort foods that can be healthy, easy to make and sure to fit into our 'on-the-go' lifestyles.

Enjoy these mouth-watering, walnut-enriched recipes that are ideal for lunches at work, or wherever your busy schedule may take you this fall.

## Walnut Harvest Season

In Canada, fall is synonymous with leaves turning vibrant colours and cooler weather; in California, it means the walnut harvest season has begun. Walnut growers throughout the Central Valley of California and in Coastal Valleys from Redding in the north to Bakersfield in the south are busy harvesting an estimated 375,000 short tons of walnuts – an increase of 15 per cent compared to 2007. California harvests 99 per cent of the walnuts available in the United States and two-thirds of the world supply. To ensure freshness, strict storage practices are followed and the walnuts are kept in temperature-controlled environments and only cracked open on demand. This method allows the walnuts to stay fresh during the storage and shipping process, which is important to the many Canadians who have come to enjoy eating them.

## Get three friends to join the recipe club and win!

All you have to do is refer three friends to join the California Walnut recipe club where they will find lots of delicious and nutritious recipes and you could win a beautiful walnut wood pen. Black walnut is one of the classic American woods and has a beautiful medium to dark brown colour. Just ask your friends to put your name in the "how did you learn about this website?" section of the form for your chance to win.



## FEATURE RECIPE

### Grilled California Walnut Sandwiches

Bring your leftover turkey, ham, pork or roast beef dinner to life with the addition of some melted cheese, cranberry chutney and crunchy walnuts.

Click to see other scrumptious California Walnut autumn recipes:

### Walnut Chicken Salad Sandwich Toasted Walnut Hummus

For more nutritional fun facts, information, and great recipes please visit [walnutinfo.com](http://www.walnutinfo.com).