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Nuts:

- **Pecans:** Are rich in vit. E and the mineral zinc. Albany, GA is the world's pecan capital with over 600,000 pecan trees. Trees take 12 years to mature and can be productive for over 200 years.
- **Almonds:** Superfood packed with protein, vitamin E, fiber, calcium, iron, are very filling to eat & bees love!
- **Peanuts:** are technically a legume, have more protein, niacin, folate, and phytosterols than any nut. One acre of peanuts can make 30,000 PB and J sandwiches.
- **Walnuts:** Oldest known food tree, a handful contains twice as much antioxidants as other nuts, considered brain food and the trees can live for 300+ years.
- **Pistachio:** is a member of the cashew family, common food as early as 6,150 BC, is a desert plant, can live for 150 years, are primarily grown in US & Iran.
- **Cashew:** very nutritious, packed with protein, copper, calcium, magnesium, iron, phosphorus, potassium, zinc, and omega fatty acid.
- **Hazelnut:** tree leaves are deciduous (never lose their leaves) and fall with the nuts in mid autumn. Harvested, they are dried, cleaned & sent to a cracking plant.
- **Chestnuts:** Italian street food. The oldest tree grows in an active volcano. Only nut containing vit. C.

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