

# FROM TREE TO TABLE



# IN A NUTSHELL

The Almond Board of California (ABC) is here to be a resource for product developers like you. ABC has a catalogue of resources designed to provide the latest on consumer demand, nutrition research and seasonal recipe development focusing on California almonds, as well as key sustainability information to ensure you're utilising a safe and healthy food in your next innovative product.

## IN THIS ISSUE...



...we'll share a look into the journey from tree to table for California almonds.

Other updates include:

- Where to find nearly 10 hours of on-demand content from ABC's first-ever **Virtual Orchard Tour**.
- A round-up of **innovative recipes** showcasing the versatility of almonds.
- Details on the latest episode from the **Almond Essentials podcast** series and where you'll find us next.

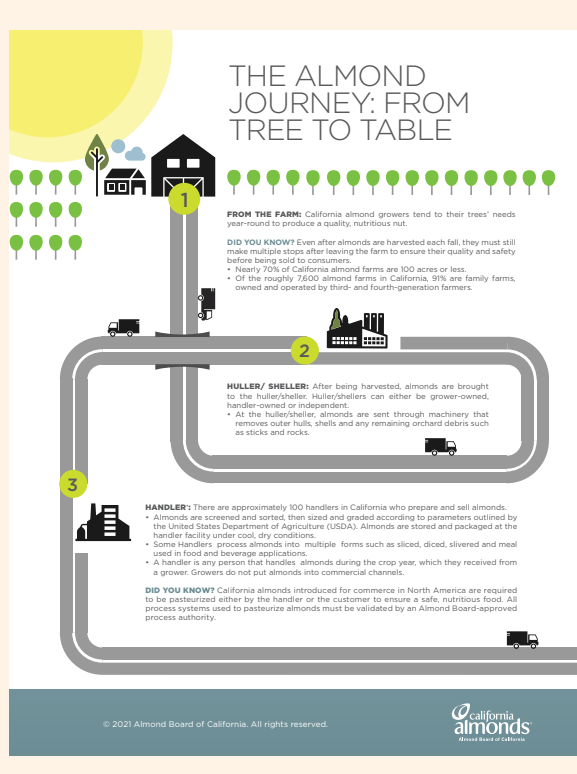
## FIRST, WE WANT TO HEAR FROM YOU!

Please fill out this **brief survey** to help us understand what content is most relevant for you and what topics you'd like to see more frequently from ABC.

You can access our survey [here](#).

California is one of the few places on earth with a Mediterranean climate characterised by mild winters, a defined rainy season and hot, dry summers—perfect for growing almonds. California almond growers tend to their trees' needs year-round to produce a quality, nutritious nut due to the many stages almonds and the trees go through in their annual lifecycle. Key stages include dormancy during winter, the beautiful bloom in February and March, "growing up" through the spring, and "cracking open" in summer. The year finishes up with harvest spanning from mid-August to October, followed by shelling and sizing. Only then is the crop, representing 80% of the world's almonds, ready for eating and enjoying!

To learn more about the California almond lifecycle, [check out this infographic](#) with more details on each step along the journey.



## VIRTUAL ORCHARD TOUR ON-DEMAND CONTENT

Last month, we hosted our first-ever virtual tour within California's almond orchards! This two-day event provided the latest information from ABC on sustainability programmes, responsible almond farming practices and how almonds provide best-in-class nutrition appeal.

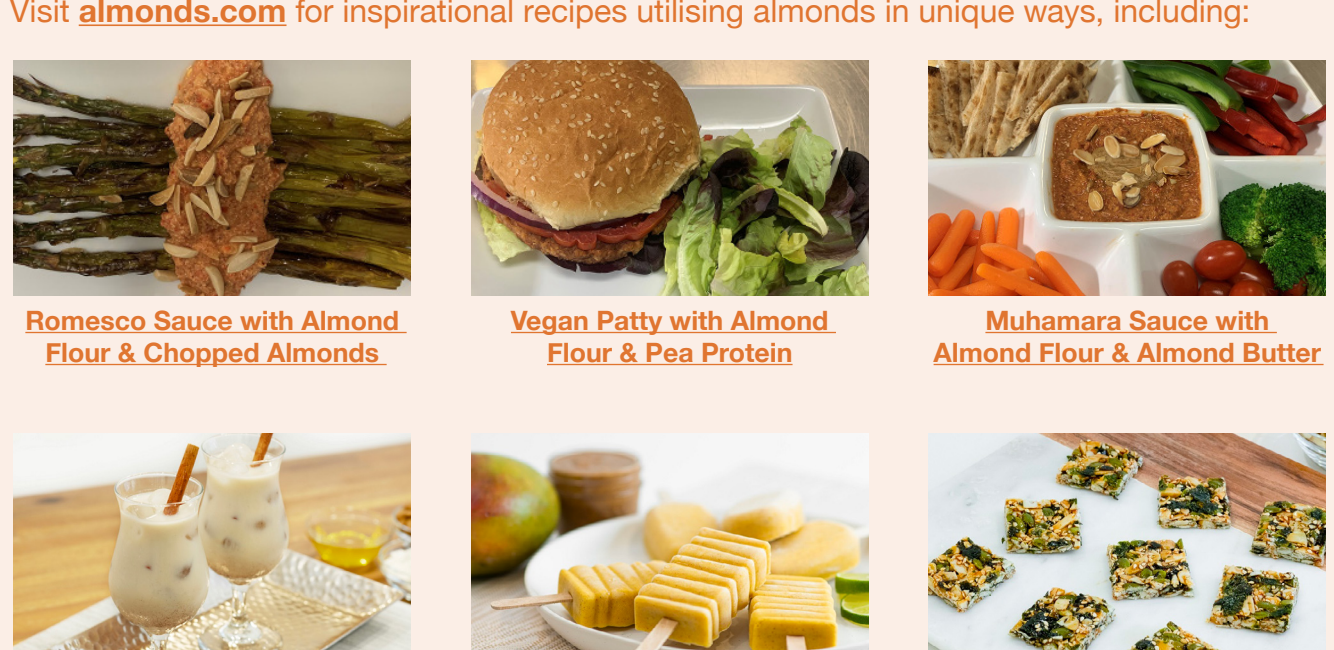
In addition to sharing educational sessions focusing on water stewardship, almonds & cardiometabolic health and the perfect partnership of almonds and honey bees, we brought viewers into the orchard to speak to four different growers in four different areas of the Central Valley to showcase that there isn't a "one-size-fits-all" to farming sustainably.

If you've missed us live, please visit the [California Almonds YouTube page](#) to access the nearly 10 hours of content.

## SHOWCASING ALMOND VERSATILITY: RECIPE ROUND-UP

Almonds come in various functional formats that provide developers with endless opportunities in flavour profiles and texture formats. On the nutrition side, almonds continue to be a value-adding ingredient that resonates with evolving preferences giving snacking products a healthy-halo. 30g of almonds has 6g of energising plant protein, 4g of fibre, 13g of unsaturated fat and only 1g of saturated fat. Almonds are also rich in vitamin E (7.4mg) and riboflavin (0.3mg).

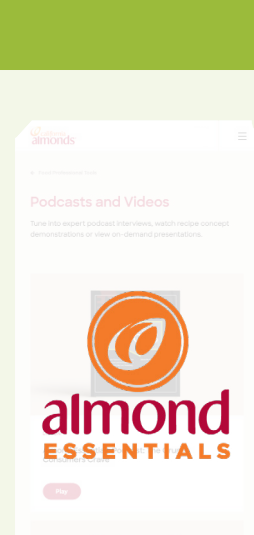
Visit [almonds.com](#) for inspirational recipes utilising almonds in unique ways, including:



## WHERE IS ABC?

The latest episode of our Almond Essentials podcast series, The Rhyme and Reason Behind Roasting Science, features ABC's Guangwei Huang and Tim Birmingham discussing the benefits of roasting and best practices for processors when determining ideal time and temperature parameters.

[Listen here](#)



## KITCHENSIDE TALKS: OPTIMISING TASTE & TEXTURE IN PLANT-FORWARD FOODS

ABC is sponsoring an episode with Kitchenside Talks showcasing why almonds are a critical tool for product manufacturers when developing plant-based and free-from snack products. In this episode, Rachel Zemser, Certified Food Scientist (IFT), Certified Culinary Scientist (RCA), and Founder of A La Carte Connections, LLC, will share her perspective on working with popular almond forms like almond flour, almond protein powder and almond butter as well as demo two snacking recipe examples that can be adapted to different flavour profiles as desired.



## FEEDBACK

Your feedback helps us bring you more relevant content and resources, so we'd love to hear from you with suggestions on topics of interest, almond forms, or any other information you're interested in. You can provide your feedback by emailing us at [foodprofessionals@almonds.com](mailto:foodprofessionals@almonds.com).

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