

# The World of Walnuts



with

# CHANDLER

Walnuts are the oldest tree food known to man and were easy to transport, even in ancient times, because of how the hard shell protected the kernel (which is the inside part that you eat).

Did you know?..

The Greeks called Walnuts "karyon", which means "head," because the shell resembles a human skull and the walnut kernel itself looks like a brain!

Back then, people would climb the trees to harvest the nuts or wait until they fell on their own. Today, Walnut growers use machines called "Shakers" to shake the Walnuts out of the trees.

Walnuts are harvested between September and November. Check out [www.walnuts.org](http://www.walnuts.org) for some great videos of the harvesting process.

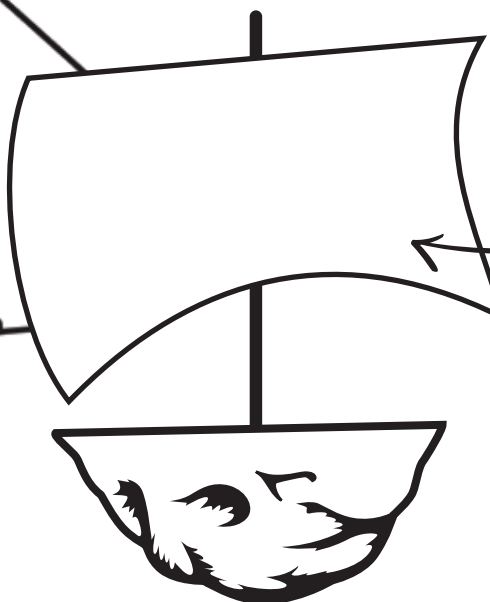


## MAKE A WALNUT SHELL BOAT... THAT FLOATS!

FOLLOW THE INSTRUCTIONS:

[www.wikihow.com/Make-a-Boat-in-a-Nutshell](http://www.wikihow.com/Make-a-Boat-in-a-Nutshell)

The whole world loves Walnuts and we share ours with everyone! 99% of the nation's walnuts are grown in the Sacramento and San Joaquin Valleys of California.



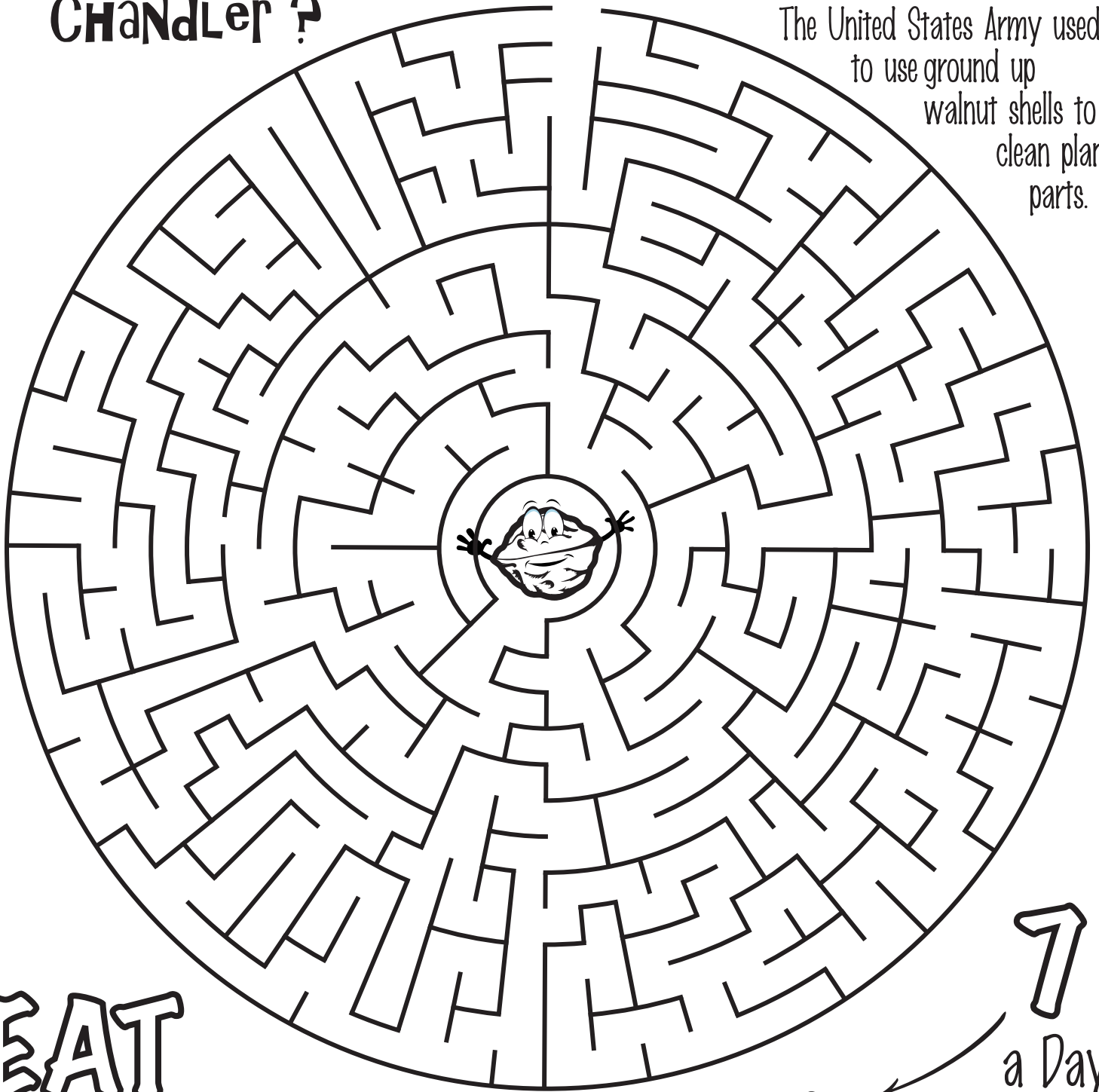
Write your name on the sail or create a custom design to make the boat your own.

There are many other crafts to make with Walnut shells like ornaments and jewelry.

Can you get to  
**CHANDLER?**

Did you know????

The United States Army used  
to use ground up  
walnut shells to  
clean plane  
parts.



**EAT**

**1**  
a Day

Walnuts are a healthy snack that are high in Protein and packed with nutrients that protect your brain. It's easy to remember, because a Walnut looks like a brain.

So, eat a brain to grow your brain!



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