

Did you know?

Each almond tree fruit has 3 parts, all of which are used.

The Shell

Shells go to various alternative farming uses such as livestock bedding.

The Kernel

Kernels are the nutrient-rich almonds we eat. Every ounce of almonds—28g or about a handful—contains 6g of energy-packed protein, 4g of hunger-fighting fiber, 13g of “good” unsaturated fat and only 1g of saturated fat.



The Hull

The hull is the dry and fuzzy outer layer. Hulls are sold as livestock feed, which reduces the amount of water used to grow other feed crops.