





United States Department of Agriculture

## Almonds

**HOW TO PICK:** Purchase whole almonds and chop or slice them before each use for the freshest flavor. Aged almonds will turn rancid. To check for rancidity, slice the almond in half and look for a solid white texture throughout. If it is yellowish or has a honeycomb texture, it is way past its prime and should be discarded.

**HOW TO STORE:** They should be stored in airtight containers in cool and dry places.

**HOW TO PREPARE:** Almonds can be roasted, salted, or soaked. Almonds can be eaten raw or added to meals. Almond butter and Almond meal are also almond products that can be used in every day cooking.

### FUN FACTS:

- Almonds need really hot weather and cool winters to grow.
- Almonds help to slow absorption of sugar and carbs.
- Chocolate makers use 40% of world's total almonds.
- California produces more than 80 percent of the world's almonds.
- The almond is botanically a stone fruit related to the cherry, the plum, the peach and the apricot. However, almonds are nuts in the culinary sense.

August 2019

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