

LET'S GO  
OUTSIDE AND  
LEARN

# Walnuts



[www.lgoal.org](http://www.lgoal.org)

CIC Registration 9435120

# What can we do with walnuts?

- ▣ It's Autumn and that means that the walnuts are ready for harvesting.
- ▣ Depending upon the variety and region they are grown in, walnut tree harvesting starts from early September to early November.



# Benefits of walnuts

- ▣ English walnuts are full of nutritious fats, fibre, minerals and vitamins that support a nature-based lifestyle.
- ▣ Rich in antioxidants
- ▣ An amazing source of heart-healthy omega-3s
- ▣ Anti-inflammatory
- ▣ Promoting gut health
- ▣ Supporting brain function



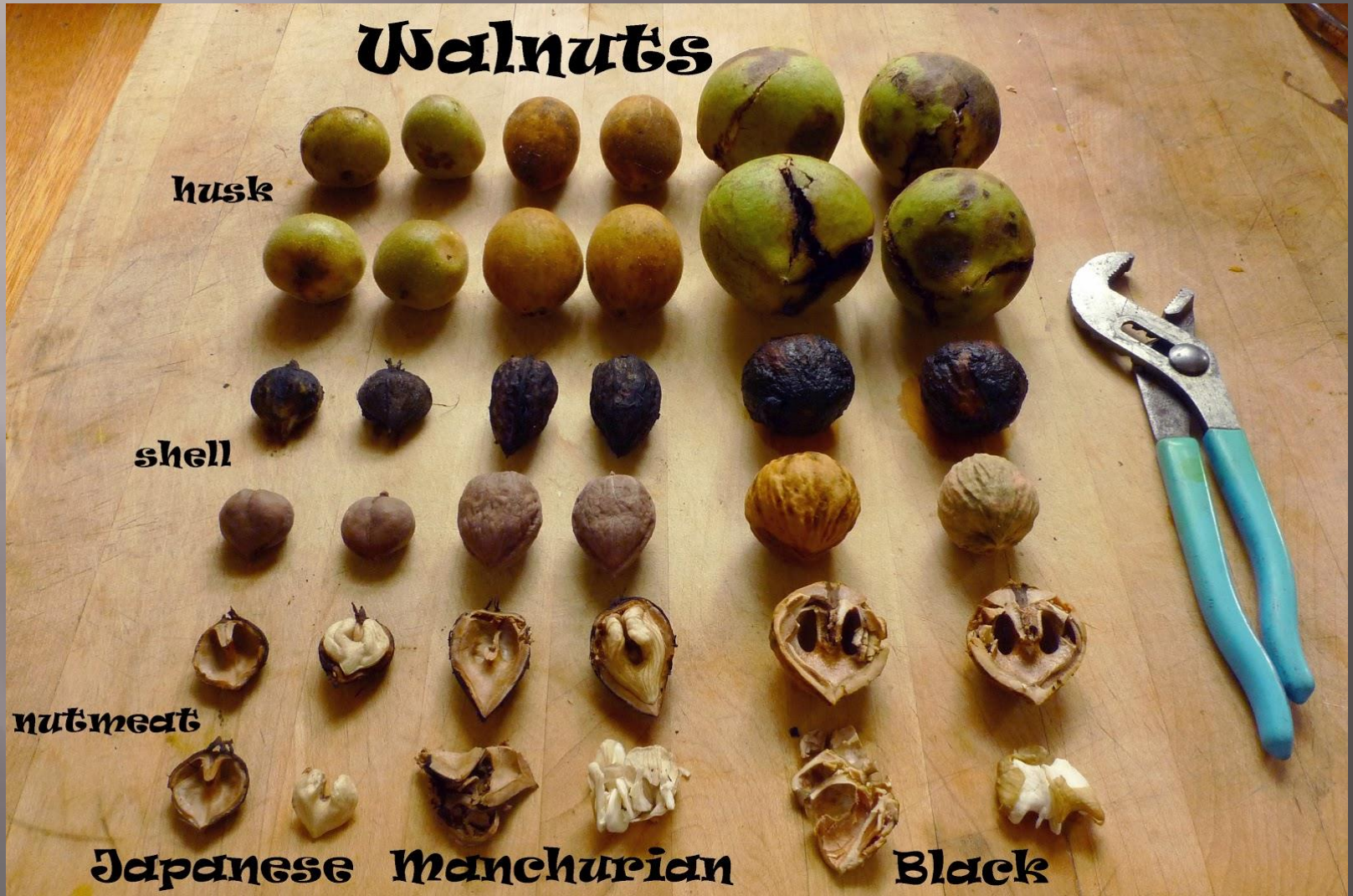
# Found some walnuts - what next?



- ▣ You must dry walnuts
- ▣ Walnuts are adequately dry when kernels are brittle.
- ▣ You'll also want to store them in a protected (cool and dry) place
- ▣ The easiest way of storing walnuts is in their shells.
- ▣ Don't store them in plastic bags, cotton is better.



# Walnuts come in all shapes and sizes



# Did you know?

- ▣ You can use walnuts to dye your hair, your furniture, your legs!
- ▣ Walnuts are super easy to dye with because they contain tannins. They literally will stain everything (EVERYTHING)!



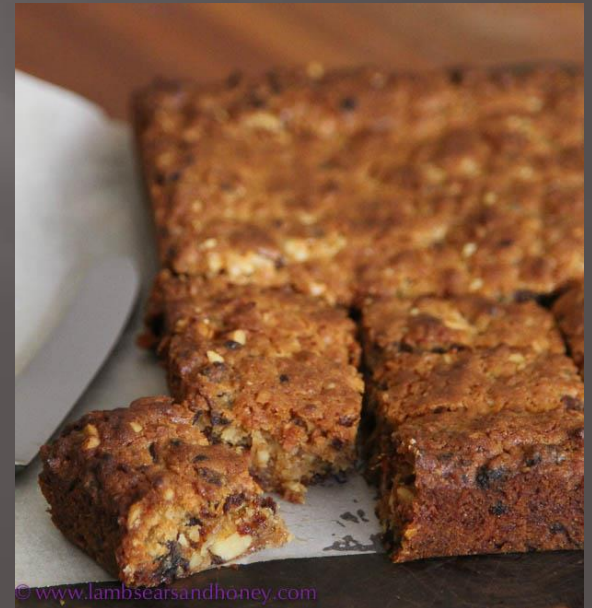
# Walnuts in Folklore

In “The Two King’s Children” and “The Iron Stove”, both German tales collected by the Grimms, a princess is given three magical walnuts and when she finds herself in need of impressing a vain princess who is now betrothed to her true love and cracks the nuts one by one, a splendid dress comes rolling out of each one. She trades these gowns with the greedy princess in exchange for being allowed to spend the night in or near her true love’s bedroom, so she has a chance to make him remember her.



# Date & Walnut Cake Recipe

- ▣ 900g (2 lb) dates, pitted and chopped
- ▣ 900g (2 lb) English walnuts, coarsely chopped
- ▣ 200g (7 oz) caster sugar
- ▣ 1 tablespoon baking powder
- ▣ 150g (5 oz) plain flour
- ▣ 4 egg yolks
- ▣ 4 egg whites





# Date and Walnut Cake

- ▣ Preheat the oven to 150 C / Gas mark 2. Grease and flour a 25cm (10 in) tube cake tin.
- ▣ In a large bowl, combine dates, walnuts, sugar, baking powder and flour. Stir in egg yolks. In a large glass or metal mixing bowl, beat egg whites until stiff peaks form. Fold the whites into the fruit/nut mixture until no streaks remain. Spoon into prepared tin.
- ▣ Bake in the preheated oven for 90 minutes. Let cool in tin for 10 minutes, then turn out onto a wire rack and cool completely.

# Have fun with these simple walnut craft activities to make with the shell

