

California Walnuts: The Fresh Crop Has Arrived in India = Wellness Within

Category: Business

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The much-awaited fresh crop of **California walnuts** has arrived in India, bringing with it the promise of unparalleled quality and flavor. Sun-ripened to perfection under California's ideal natural conditions, these walnuts stand as the gold standard of taste and excellence, offering a culinary experience like no other.

California walnuts are celebrated worldwide for their exceptional quality, complex flavors, and numerous health benefits. Each walnut is nurtured with care, ensuring it meets the highest standards. The new crop exemplifies the dedication and expertise of California's walnut growers, mostly multi-

generational family farms, who have perfected their craft over generations.

This year's harvest has been successfully completed, marking another year of exceptional quality. The California-developed Chandler variety, is one of the most sought-after walnuts globally which consistently delivers a light golden color and mild flavor, having benefitted from favorable growing conditions. Advanced optical sorting and stringent inspections ensure that only the finest walnuts reach consumers, upholding the high-quality standards California walnuts are known for.



California Walnut Orchards

Pamela Graviet, Vice President of Integrated Marketing, at California Walnut Commission & Board, stated, *"California's family farmers are proud to provide Indian consumers delicious and nutritious, freshly-harvested Californian walnuts. Our walnuts provide wellness within through their high plant-based omega-3 content, protein, fibre, healthy oils and numerous micronutrients. For more than 30 years, our growers and*

processors have led the way in supporting global research to better understand the health benefits walnuts provide. This year's crop is a testament to the dedication of our growers and the advanced processing techniques that ensure our walnuts meet the highest expectations of consumers worldwide. We are certain that our discerning consumers in India will continue to enjoy the fresh and delicious California walnuts all year around." Early shipments have already commenced to global markets, reflecting robust demand for this premium product.

Why Choose California Walnuts



California Walnuts

A Pure Gold Standard – Pure Gold, California walnuts are the epitome of excellence. Their light golden kernels, rich buttery taste, and natural crunch make them a versatile ingredient for both sweet and savory dishes. Whether sprinkled over salads, blended into smoothies, baked into desserts, or simply enjoyed as a snack, California walnuts add a touch of luxury to every meal.

Health Benefits You Can Trust – More than just a treat for the taste buds, California walnuts are a nutritional powerhouse. They are the only tree nut that is an excellent source of plant-based omega-3 ALA, essential for heart, brain and gut health. With every bite, you're not only savoring the deliciousness but also nourishing your body. California walnuts:

- Are a heart healthy food.¹
- Offer important nutrients that support brain health.²
- Contribute to the normal functioning of our immune system. According to FSSAI Eat Right During Covid guidelines, the plant-based omega-3 in walnuts may enhance the function of immune cells, and may play a role in the body's healing and recovery.³
- Lower cholesterol levels and may support an overall healthy lifestyle that promotes longevity.⁴
- Provide nutrients that are important in a healthy diet that supports those with type-2 diabetes.⁵
- Supply several nutrients and bioactive compounds that have shown encouraging results for their potential role in cancer risk management.⁶

Culinary Versatility: Whether enhancing classic Indian sweets like halwa and laddoos, adding crunch to savory curries, or elevating global favorites like pasta and baked goods, California walnuts bring unmatched versatility and flavor to every culinary creation.

Food Safety: Cultivated and processed under stringent regulations, California walnuts meet the highest food safety

standards, ensuring a premium and safe product for consumers.

The fresh crop of California walnuts are available year-round at leading retailers, e-commerce platforms, and neighborhood kiranas across India. Stock up today and experience the golden difference!

References:

¹Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

²Spencer SJ, Korosi A, Lay S. et al. Food for thought: how nutrition impacts cognition and emotion. npj Sci Food. 2017;7(1).doi.org/10.1038/s41538-017-0008-y

³ Eat Right During Covid, Food Safety and Standards Authority of India

fssai.gov.in/upload/uploadfiles/files/Guidance_Document_Eat_Right_07_06_2020.pdf

⁴Rajaram S, Cofn M, Sala-Vila A, et al. Effects of walnut consumption for 2 years on lipoprotein subclasses among healthy elders: Findings from the WAHA randomized controlled trial [published online ahead of print August 30, 2021]. Circulation. doi:10.1161/CIRCULATIONAHA.121.054051.

⁵ Franz MJ, Bantle JP, Beebe CA, et al. Nutrition principles and recommendations in diabetes. Diabetes Care. 2004;27 Suppl 1:S36-S46. doi:10.2337/diacare.27.2007.s36

⁶ Hardman/Marshall/Cancer/Apr 2014 (citations noted in Health

Research section)

About the California Walnut Commission

The California Walnut Commission (CWC) represents more than 4,600 California walnut growers and nearly 70 handlers, grown in multi-generational farmers' family orchards. California walnuts, known for their excellent nutritional value and quality, are shipped around the world all year long, with more than 99% of the walnuts grown in the United States being from California. The CWC, established in 1987, is involved in health research with consuming walnuts as well as domestic and export market development activities.

To explore recipes and learn more about California walnut growers, industry information, and health research, visit californiawalnuts.in.

