

Florida Fresh: Pecans¹

Claudia Peñuela²

Nutrition Facts

Florida's Pecans are:

- ✓ High in unsaturated fatty acids. Monounsaturated fats can help some individuals lower their LDL (bad) cholesterol level in the blood.
- ✓ Naturally free of cholesterol and sodium.
- ✓ A good source of fiber. Fiber reduces the risk of heart disease and promotes regular bowel movements.
- ✓ Supplier of protein. Protein acts as a building block for bones, muscles, cartilage, skin, and blood.
- ✓ A source of minerals such as manganese, copper, magnesium, and zinc.
- ✓ A source of Vitamin B₁ (Thiamin) which helps the nervous system work properly.

Nutrition Facts	
Serving Size 1 ounce 28g (1 ounce (28g))	
Amount Per Serving	
Calories 193	Calories from Fat 169
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 2g	9%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 3g	
Vitamin A	0% • Vitamin C
Calcium	2% • Iron
	1%
	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

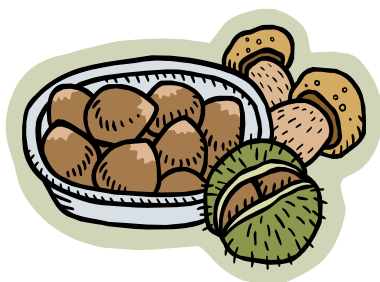
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Note: Pecans are *high in calories*, so watch out with the serving size!

Why Buy Locally?

The U.S. Department of Agriculture (USDA) estimates that the average farmers' market produce travels about **50 miles** to its destination, compared to **2,000 miles** for supermarket produce.

Buy locally and get these benefits:



- Freshness and good nutrition. Fruits and vegetables harvested in their peak have better flavor and nutritional characteristics.
- Social/cultural. Helps the community to be aware of the importance of agriculture.
- Environmental. Protects natural resources such as green space, wildlife, water, air, and soil.
- Economic. Promotes local labor force.

Where are Florida's pecans harvested?

Florida's pecans grow in **western** and **northern** Florida.

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When can you buy Florida pecans?

You can buy Florida pecans from **October** through **January**. This is **four months out of the year!**

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Select

- ✓ Pecans in the shell that are heavy for their sizes and are smooth and clean.
- ✓ Pecans in the shell without scars, cracks, and mold.
- ✓ Pecans in the shell that do not rattle when shaken. Rattling is a sign of age.
- ✓ Pecans without shell that are clean and plump, and uniform in size and color.

Florida Fresh Pecans: From Market to Table

Arugula Pesto

2 cups packed **arugula leaves**
 ½ cup **pecans**
 ½ cup **Parmesan cheese**
 ½ cup **Olive oil**
 6 cloves **garlic**
 1 **lemon** squeezed

Yield: 8 Servings

- 1.** Lightly brown all the garlic with a little olive oil in a skillet over medium high heat, about 10 minutes. Remove the garlic from the pan, cool and eliminate the skins.
- 2.** Dry-roast the nuts in a pan with no oil over medium heat until lightly brown. Mix the arugula, pecans and cooked garlic in a blender or food processor. Pour in the lemon juice and pulse while drizzling the olive oil into the blender. Remove the mixture from the blender and put into a bowl.
- 3.** Stir in the Parmesan cheese. Mix with freshly prepared pasta of your choice.

Nutrition info per serving: Calories **20 cal**; Cholesterol 5mg; Sodium 129mg; Total Carbohydrates 7g; Protein 5g. High in Vitamin A and Vitamin C.

Adapted from: http://www.florida-agriculture.com/pubs/pubform/pdf/The_Florida_Chef_Flavorful_Seasons_Cookbook.pdf

Celery Cherry Salad

1 ½ cups **celery** diced
 ¾ cup dried sweet **cherries**
 1 cup **frozen green peas**, thawed
 ¼ cup **parsley** chopped
 3 Tbsp **mayonnaise**
 3 Tbsp **plain yogurt**
 2 Tbsp toasted **pecans**
 3 tsp **lemon juice**
 ¼ tsp **salt**
 ¼ tsp **black pepper**

Yield: 4 Servings

- 1.** Combine celery, cherries, peas and parsley in a bowl.
- 2.** In small bowl combine outstanding ingredients to make dressing and stir.
- 3.** Pour dressing over celery mixture and stir until evenly coated.

Nutrition info per serving: Calories **230 cal**; Total Fat 11g; Cholesterol 5mg; Sodium 310mg; Total Carbohydrates 27g; Protein 5g; Fiber 6g

Adapted from: <http://www.fruitsandveggiesmorematters.org>