

# HARVEST OF THE MONTH

# Pecans

Pecan trees are the only native nut trees in North America. They grow up to 100 feet tall, and they need about 50 gallons of water per day! Alabama ranks 5th in U.S. pecan production and produces, on average, 7 million pounds per year.

Pecans grow in clusters with green outer coverings called husks on them. When the husk opens, it begins to turn black and eventually the pecan nut will fall out. Once the nut has fallen, it can be picked and the shell cracked open to reveal a little golden-brown nut that, when ripe, has a sweet flavor and a smooth texture. Not only are they fun to pick, but they are also very nutritious.



Nutrition Facts		
Serving Size 1 oz 19 halves 28g (28 g)		
Servings per container 1		
Amount Per Serving		
Calories	195	Calories from Fat 170
% 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 1%
Calcium	2%	Iron 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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**Did you know?**  
Pecan trees only produce nuts every two years. A single tree can produce up to 45 pounds of nuts.

