

# Nut Use & Care

## Chestnuts

Store chestnuts in the fridge in a breathable container such as a brown paper bag. They will last up to a month. They can also be frozen raw or after being cooked.

To cook - Score brown outer skin with a sharp knife with an "x" and roast in a hot oven (425-450 degrees F) for 15 - 20 minutes. They will have the texture of a baked potato. Peel and eat.

To peel and use in stews or stuffings, score with an "x" and pour boiling water over them and let sit for approximately 20 minutes. They should peel easily - even the fuzzy inner layer which is bitter.



## Walnuts

Walnuts should fall to the ground free of their green husk, but if they don't the first step is to remove it. Wear gloves while removing the husk, it will stain your fingers black. Lay the walnuts out to dry for a few weeks in a warm, dry spot.

We rinse ours in water and dish soap first to disinfect them, because walnuts are susceptible to molding.



## Hazelnuts

Hazelnuts (also referred to as Filberts) are probably the easiest to care for. They are ready to eat once they have fallen from the bush. Some people prefer them drier.

Leave them sitting out in a bowl or hang them in a mesh bag and within two weeks they will be dry. They can also be shelled and roasted in a warm oven (150 degrees F) for 20 - 30 minutes or until desired doneness.



## Hard Shelled Nuts (Butternut, Heartnut, Buartnut)

These nuts fall from the trees still encased in their green husk. If left on the ground for a few days or more, the husk begins to deteriorate. If picked while still in their husk, they must be peeled (wear gloves - your fingers will be stained black). It is recommended that they are washed and then layed out to dry. Hang them in a mesh bag in a warm, dry place for a few weeks to completely dry inside. Turn them on edge and crack them with a hammer along their seam - a nutcracker won't do it. Use them as you would a walnut.

Each one has a different flavour. Butternuts have a buttery flavour. Heartnuts and Buartnuts (a cross between a Butternut and a Heartnut) have an almost peppery aftertaste and a Black Walnut has a deep musty flavour which is excellent in baking.

Butternuts and Black Walnuts have inner compartments like a Walnut, but the compartments have thick walls not like the papery divisions in an English Walnut. This makes the kernel harder to extract. Heartnuts and Buartnuts have a large heartshaped kernel which fills the shell with no compartments.



# Nut Harvest Information

The nut harvest is run and managed by the Gellatly Nut Farm Society in partnership with the Regional District of Central Okanagan. We are all volunteers. 100% of the proceeds from the harvest are used for the restoration, preservation, and rehabilitation of the 100 year old farm. We are currently fundraising for restoration of the 100 year old farmhouse.

If you are interested in picking nuts, please pick up a bucket from a volunteer at the farmhouse and they will direct you to a good picking spot. Everything is picked off the ground. No ladders are required. Nuts fall to the ground when they are ripe enough to pick. This is why we don't allow dogs within the orchard - we have a food product on the ground, as well as people harvesting nuts on their hands and knees.

If you have any questions, one of our volunteers will be happy to answer them.

Happy Harvesting!



# Price List

BUARTNUTS, BUTTERNUTS & BLACK WALNUTS	YOU PICK - \$2.00/LB	WE PICK - \$2.50/LB
HEARTNUTS, FIOKAS	YOU PICK - \$2.50/LB	WE PICK - \$3.00/LB
HAZELNUTS (FILBERTS)	YOU PICK - \$2.50/LB	WE PICK - \$3.00/LB
MANOKA WALNUTS	YOU PICK - \$3.50/LB	WE PICK - \$4.50/LB
WALNUTS	YOU PICK - \$2.50/LB	WE PICK - \$3.50/LB
LARGE CHESTNUTS	YOU PICK - \$4.00/LB	WE PICK - \$4.50/LB
CHESTNUTS	YOU PICK - \$3.50/LB	WE PICK - \$4.00/LB



# Nut Tree Seedlings

There are several varieties of nut tree seedlings available for purchase at Gellatly Nut Farm Regional Park. **\$20 each.**

Ask a volunteer at the farmhouse about varieties and pricing or email the Gellatly Nut Farm Society at [gellatlynutfarm@telus.net](mailto:gellatlynutfarm@telus.net).

Inquire at the farmhouse about becoming a volunteer and helping with the nut harvest, special events, or Gellatly Nut Farm Society duties.

