

# WALNUT

**Common Name:** Walnut tree

**Scientific Name:** *Juglans regia*

## **Habitat and origin:**

It grows in Southern Europe, Central and Western Asia. People grow it a lot in Western Europe. It grows in places up to 1500 meters high. It likes deep and rich soil.

## **Observations:**

The walnut tree loses its leaves in autumn. The leaves are big (about 30 cm), oval and grow in turns. The tree can grow up to 30 meters tall and 2-3 meters wide. It has many branches and a strong, light-colored trunk.

The tree wakes up after winter, when it has had enough cold. First, it shows a small male flower. The fruit of the tree is the walnut.



### **Culinary Uses:**

Walnuts are good for memory and heart. They help with hormonal changes and give us protein and omega 3, which is very healthy.

We can use walnuts to make chocolate, desserts, or eat them with cheese and fruit.



### **Medicinal Uses:**

Walnuts have good fats and minerals. They give us energy. Walnut leaves can be used for mouth wounds and gum problems. When boiled in water, they help with kidney stones and infections.

### **Aesthetic Uses:**

The wood of the walnut tree is used for luxury furniture like tables and beds. It is strong and beautiful, perfect for floors and home decorations.

### **Extra Information (Curiosities):**

- Some people believed walnut oil killed stomach worms.
- When there was no tobacco, people used dry walnut leaves instead.

- In old Rome, if a groom threw walnuts, it meant he would be loyal.
- In some weddings, people throw walnuts for good luck.
- People used to put walnut branches on windows to keep witches and fairies away.
- In Mexico, they call it "nuez de Castilla" because Spaniards brought it.
- In the USA, people started growing it in 1876. Now, California is the top walnut producer.
- Green walnuts have poison (cyanide), so don't eat them. Also, don't sleep under a walnut tree.
- In Asia, walnut trees are planted in cemeteries, like cypress trees.
- Walnuts are one of the best nuts. They have many good things: minerals, vitamins A, B1, B6, E, Omega-3, and folic acid.

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