

FRESH ALMOND



Fresh almond is the young and tender seed of the almond fruit, from the almond tree native to Central Asia and widely cultivated in Mediterranean regions. Harvested in spring, it differs from dried almonds by its crisp texture and delicately milky taste. Rich in nutrients, it is valued for its nutritional benefits and can be enjoyed on its own or added to both sweet and savory dishes.

AVAILABILITY AND PROVENANCE

✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

CALIFORNIA

TARGET CUSTOMER: ARAB

OPTIMAL TEMPERATURE FOR CONSERVATION

12 - 14 °C de 2 à 3 semaines

PURCHASE GUIDE

Les amandes fraîches doivent être de couleur et de taille uniformes, sans taches ni fissures. Lorsqu'on les presse doucement, elles doivent être fermes, mais ni trop dures ni trop molles.

CONSUMPTION

Fresh almonds are best eaten plain, right after removing the green skin and cracking the shell with a nutcracker. Only the white almond is edible: sweet, crunchy, and nutritious. It can be enjoyed on its own, added to salads, desserts, or smoothies.

NUTRITIONAL VALUE

Fresh almonds, rich in protein, fiber, vitamins E and B, as well as minerals (magnesium, calcium, iron), are less fatty and more hydrating than dry almonds. Tender and nutritious, they make a healthy and energizing snack.

