

FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE

PISTACHIO FACTS



Pistachios were once considered exclusive to royalty. The Queen of Sheba outlawed their production by commoners.



Pistachios go by many different names! In Iran, they are known as the “smiling nut” and in China they are called the “happy nut.” They’re also known as “green almonds.”



Pistachios get their green and purple hues from the antioxidants they contain!



Pistachios are a good source of protein, fiber, magnesium, thiamin, and phosphorus. They’re also an excellent source of vitamin B6, copper, and manganese.



February 26 is National Pistachio Day.



Pistachios are one of the oldest flowering trees in the world.



Pistachios are the 2nd largest nut crop grown in Arizona.



Pistachios are harvested in September and October. Machines shake the trees until the nuts fall. They are collected and taken to processing.



Pistachio trees are hardy plants, able to survive temperatures ranging from 14 degrees F in the winter to 118 degrees F in the summer.



In its natural habitat, the pistachio tree has a lifespan of over 150 years.



Pistachios grow in heavy, grape-like clusters surrounded by a fleshy hull. When they ripen, the outer shell splits open to reveal the pistachio kernel inside.



There are male and female pistachio trees. The female trees develop the fruit and the male trees are for pollination.



Pistachio trees are alternate bearing trees. This means they will have a heavy harvest one year and lighter production the next year.



A 1-ounce serving of pistachios has as much protein as an egg.

