

## Almonds Worldwide

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Almond farming in California doesn't just provide delicious food for America – it also brings great taste, health and vitality to people around the world. California Almonds are becoming essential to customers and consumers worldwide through innovative research, marketing development, and industry support. In fact, cultures from all corners of the world have historically treasured almonds as a source of good luck, good nutrition, and good food. No matter where they appear, California Almonds are always a perfect fit.

### Japan

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Almonds are essential to chocolate in Japan, where a wide array of mouth-watering sweets are available. Two long-time favorites among Japanese are delicate uniformly sized almonds coated in chocolate and pretzel sticks dipped in milk, dark, or white chocolate and coated with diced almonds.



### China

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Explorers from the Mediterranean introduced almonds to the Chinese who then incorporated beneficial nuts into their cuisine. Today, the Chinese typically eat almonds during autumn and winter as a roasted, salted snack, with peak consumption taking place during the Chinese New Year. Almond snacks are widely available both in-shell and shelled, as well as with unique seasonal flavors.

### India

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Almonds are an integral part of India's cultural and culinary heritage, and are considered by Indians to be a prized "brain food" for children. They are also a key ingredient in traditional Indian sweets known as *Mithai*. California Almonds, with other dry fruits and nuts, are popular for gifting during the Diwali and wedding festive seasons.



### The Mediterranean

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Almond trees have grown for centuries in Italy, Spain, Morocco, Israel, and Greece. Ancient Greek medical texts are among the oldest and most extensive to discuss the use of almonds. Now, as an integral part of the Mediterranean diet, California Almonds continue to contribute to a balanced, healthy lifestyle.

### Italy

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Ancient Romans showered newlyweds with almonds as a fertility charm; in the 1350s, Italians started giving the traditional wedding favor of five sugar-coated Jordan almonds. Each white almond symbolizes a quality of a happy marriage: health, wealth, happiness, fertility, and longevity. Today, candy-coated Jordan almonds often mark other milestones as well: pink is given for the birth of a girl, blue for the birth of a boy, red for graduations, green for engagements, silver for a 25<sup>th</sup> anniversary, and gold for a 50<sup>th</sup> anniversary.

## France

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In France, almond cream-filled puff pastry is the *Galette des Rois* (the cake of the Kings), a treat for the Feast of the Epiphany on January 6. The finder of a charm hidden in the cake becomes the king and must choose his queen, or vice versa. France is also famous for almond treats such as marzipan used as a sweet filling in chocolates or breads and, of course, macaroons.



## Germany

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In Germany, almonds are traditionally a popular snack in open-air festivals and Christmas markets. Almonds are used for Germany's famous marzipan confections and are starting to become more popular in snack foods.

## Sweden

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The Swedes have been known to hide an almond in rice pudding as a symbol of good fortune. The person who finds the almond is said to get married in the coming year.

## United States

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Today, California Almonds are the state's number one tree nut crop by farm gate value. Production has steadily expanded to meet increasing global demand. California is the only place in North America where almonds are grown commercially; about 70% of that production is shipped to more than 90 markets worldwide. However, the U.S. is still the single-largest market, where tasty, nutritious almonds are enjoyed in cereal, baked goods, candy, or just by the handful.

