

Here's everything you get with a handful of almonds

Almonds offer many benefits — from health and nutrition to contributing to climate solutions, zero waste and a range of regenerative agriculture practices. Almonds fit into simple, sustainable lifestyles as a responsibly grown food and ingredient.

Getting the most out of every drop

California almonds are a responsibly grown, zero-waste food and a crop whose water is responsibly managed.

- Almond farmers have reduced the amount of water used to grow each pound of almonds by 33% since the 1990s, through a combination of water-saving technology such as drip irrigation.
- In 2018, they set a goal of an additional 20% reduction of water by 2025 and, as of 2022, had already achieved three-quarters of that goal!

1. FOUR CROPS FOR EVERY DROP

- Water used to grow almonds actually grows four products: the kernel you eat, which grows in a shell, protected by a hull, in a tree that is typically productive for 20-25 years.

2. WITH ALMONDS, NOTHING GOES TO WASTE

- The tree store carbon and can be transported to electricity or grown up to feed the food at the end of the line.
- The shells become livestock bedding.
- And the hulls are nutritious dairy feed, reducing the water needed to grow other feed crops.

Hulls for dairy feed can replace soybean meal to provide amino acids to dairy formulations. This reduces the acreage needed to grow alfalfa by 386,000 acres and saves the equivalent of 410 billion gallons of water! That's equal to:

- 667,280 Olympic swimming pools!
- 4 million US household annual water use!
- Clear Lake's (CA) water volume!

Climate smart farming and biodiversity

Practice full whole orchard recycling, cover crops, and no-till farming create regenerative systems and build back biodiversity.

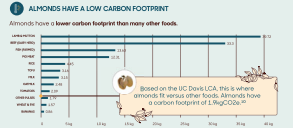
3. ALMOND TREES STORE A LOT OF CARBON

Almond trees capture and store carbon dioxide as greenhouse gas, in the wood and in the roots. The average almond tree in the grove grows, which supports reducing emissions and environmental impact.

When you look at carbon stored in all the almond trees growing in California in 2020 (1.63 billion acres), it equates to 20 million metric tons of stored carbon. This is equivalent to the annual emissions of:

- 24 million cars!
- 2334 Boeing 737's!
- 23 coal-fired power plants!

Compared to other fruit and nut trees grown in California, almonds store one of the highest amounts of carbon per acre. An acre of California almond trees captures and stores 14 metric tons of carbon annually, each one equal to removing 13 cars from the road each year!



5. WHOLE ORCHARD RECYCLING

- Almond orchards are a no-till environment for their 20-25 year lifespan.
- All the 20-25 year productive trees in new orchards have whole almond trees to be ground up and incorporated back into the soil, extending carbon sequestration by storing in the soil!
- Since this practice was introduced (2017), nearly half of almond growers exploring their orchards have adopted this new practice!

Farms that use whole orchard recycling sequester 2.4 tons of carbon per acre! Equivalent to living car-free for a year!

Whole orchard recycling helps farmers too, increasing:

- Soil organic matter by 42%
- Water holding capacity by 32%
- Orchard cumulative yield over 5 years by 19%

Composting adds carbon back into the soil and over 30% of orchards have added compost since 2012!

6. BUILDING BIODIVERSITY

- Cover crops are important for soil quality, pest management and insect biodiversity. 46% of orchards had cover crops in 2021, a 10% increase from 2018!
- More than 120,000 acres of almond farms are Bee Friendly certified through the National Beekeeping and Honeykeeping Authority. That represents 88% of all bee-friendly certified U.S. farms!
- California almond farmers are on track to increase the use of environmental friendly pest management practices by 25% by 2025!

Did you know?

- California is one of four states in the world recognized for producing the environment, worker and food-friendly.
- There are 1,630 almond farmers in California. 92% are family farms and 75% are orchards are 500 acres or less!

Nutrition and a long shelf life

Once for source, almonds are the tree nut highest in protein, fiber, calcium, vitamin E, magnesium, and iron! Comparing on source (28g) of almonds to the same weight of other popular recommended foods reveals where almonds may be a more efficient way to consume certain nutrients.

- To get 6 grams of protein as provided by 1 portion of almonds, you need:
 - 4.8 times as much quinoa
2.3 times as many chickpeas

- To get 10% of the daily value of vitamin E as provided by 1 portion of almonds, you need:
- 14.9 times as much cooked asparagus
12.5 times as much spinach
- To get 77mg of magnesium as provided by 1 portion of almonds, you need:
- 3.8 times as much cooked beef liver
9 times as much tofu
- To get 13g of good unsaturated fats as provided by 1 portion of almonds, you need:
- 3.9 times as much avocado
4.3 times as much salmon
- To get 13% of daily fiber as provided by 1 portion of almonds, you need:
- 5.7 times as many bananas
13.3 times as much raw pineapple

Almonds are the only tree nut that is a source of Vitamin E, Magnesium, and Iron!

California almonds are a low carbon, low waste and water-efficient ingredient that consumers crave and you can feel good about.