Good things really do come in small packages. Such is the case when it comes to American pistachios. For thousands of years, pistachios were considered a rare delicacy...but today, this delicacy has become a mainstream must-have. And don’t let its hard shell fool you: this nut is packed with nutrients and, most important, research shows that pistachios may help maintain a healthy heart. Combining concentrated energy with a unique taste, this little nut in a green dress is beautiful, tasty and good for you. So, go ahead and enjoy a serving of pistachios today...what are you waiting for?

AmericanPistachios.org
The story of the U.S. pistachio industry is one of unparalleled success. From its first commercial crop in 1976, the pistachio industry has gone from barely providing enough nuts for the domestic market to exporting a majority of its crop to countries around the world.

American Pistachio Growers (APG) is a non-profit trade association representing members who are pistachio growers, processors and industry partners in California, Arizona and New Mexico. Governed by an 18-member board of directors, APG is headquartered in Fresno, California. Program initiatives include domestic and international marketing, pistachio nutrition research, government affairs, product development and market development. For more information visit AmericanPistachios.org.

American pistachios are grown in California, Arizona and New Mexico. The U.S. is number one in global commercial production with an estimated production of more than 519 million pounds in 2014. There are more than 950 pistachio growers in the United States.
The pistachio tree takes five to eight years to begin bearing fruit, and in alternate years they produce a heavier crop. Seasonally, the trees develop a brownish-green flower in the spring, and harvest usually takes place anywhere from late August to early October, when the hull blushes and emerges naturally from its shell when it splits. During harvest, pistachio growers use a machine to shake the pistachio tree, forcing it to drop its fruit into special catchers and never letting the nuts touch the ground. They are then rapidly delivered to processors at the peak of flavor and freshness. This process, and the associated technology employed, ensures the safest pistachios in the world are grown in the U.S.A.

**Processing**

Processing is one of the most critical components to ensuring a healthy, great-tasting pistachio. Once pistachios are harvested, to avoid shell staining and product weakening, the outer hull is removed within 24 hours. Hulls are removed mechanically, and then the nuts are washed, dried and separated by size. Electronic color-sorting machines check and separate the nuts for any shell staining or discoloration. All of this is done mechanically with the latest technology to ensure the highest in food safety standards.

**Tree of Life**

Pistachio trees take six to 10 years to mature but can bear nuts for 100 years or more. Pistachio trees are wind pollinated, as opposed to bee pollinated, and just one male tree is required to pollinate up to 40 female trees.

**What a Production**

Trees are alternate bearing, meaning that the harvest is heavier in alternate years. Peak production is reached at approximately 15-20 years.

**Leaf Year**

Fruit and nut tree age is typically measured in "leaves" as opposed to years: the age of a tree at planting is "first leaf," and a tree does not become one year old until "second leaf."

**An Appetite for Nuts**

The United States is the largest consumer of pistachios, followed by China and then the collective countries of the European Union.

**Go Nuts**

Celebrate the greatness of nuts on National Nut Day (October 22) and National Pistachio Day (February 26).

**STATS BEHIND THE SHELL**

The United States is the largest consumer of pistachios, followed by China and then the collective countries of the European Union.

**AmericanPistachios.org**

**Coming Out OF THEIR SHELLS**

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**A Responsible APPROACH**

Throughout California, Arizona and New Mexico, producers of pistachios share the common goal of taking great care to maintain the land and its environment so their orchards and the ecosystem around them will thrive for future generations.

Investing in pistachio trees is a long-term commitment. Therefore, growers invest in research with leading universities to ensure the health of their orchards and to improve the quality of their product by studying everything from Integrated Pest Management (IPM), to optimal irrigation methods and even solar energy.
Research shows that pistachios may help maintain a healthy heart. In 2003, the U.S. Food and Drug Administration released a health claim recognizing that scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios as a part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

A one-ounce serving (about 49 nuts) has 160 calories and a host of vitamins, minerals and other nutrients in addition to 7 grams of monounsaturated and 4 grams of polyunsaturated fats that are considered heart healthy in the context of a healthy dietary pattern.
A one-ounce serving of pistachios equals 49 nuts – more per serving than any other snack nut.

Pistachios contain polyphenols (catechins), carotenoids (beta-carotene, lutein, and zeaxanthin) and gamma-tocopherol (vitamin E); all important antioxidants that are released during digestion and provide many health benefits to your body.

You can obtain about as much dietary fiber from a serving of pistachios (2.9g, 12 percent DV) as from ½ cup of cooked broccoli (2.5g, 10 percent DV).

Pistachios contain more than 10 percent of the Daily Value of dietary fiber and essential vitamins and minerals like B₆, thiamin, copper and phosphorus.

2 oz of pistachio kernels has more potassium (570mg, 16 percent DV) than a large banana (467mg, 14 percent DV).

Pistachios, with 6g of protein per serving, are considered part of the Protein Group, according to the USDA MyPlate guidance system.

Pistachios, like olive oil, primarily contain monounsaturated fat. The Dietary Guidelines for Americans recommend that you get most of your fats from sources of polyunsaturated and monounsaturated fatty acids.
Lowcountry Shrimp Tostada with Mango Pistachio Salsa
Chef Ben Berryhill

Pistachio Brittle
Chef Lauren Mitterer

Pistachio Chocolate Tart with Caramel Mascarpone & Ganache
Chef Lauren Mitterer

For recipes go to AmericanPistachios.org
Country Pork Pate with Pistachios
Chef Mike Lata

Pistachio Custard ‘Sformato’ with Artichokes
Chef Nathan Hood

Savory Pistachio & Duck Risotto Balls ‘Arancini’ with Warm Pistachio Sultana Gremolata
Chef Nathan Hood

For recipes go to AmericanPistachios.org
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**Pistachiomolé**

*Chef Robert Del Grande*

**Pistachioritas**

*Chef Robert Del Grande*

**Antebellum Benne Crackers with Pistachio Hummus & Country Ham**

*Chef Sean Brock*