

The Cashew

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Taxonomy

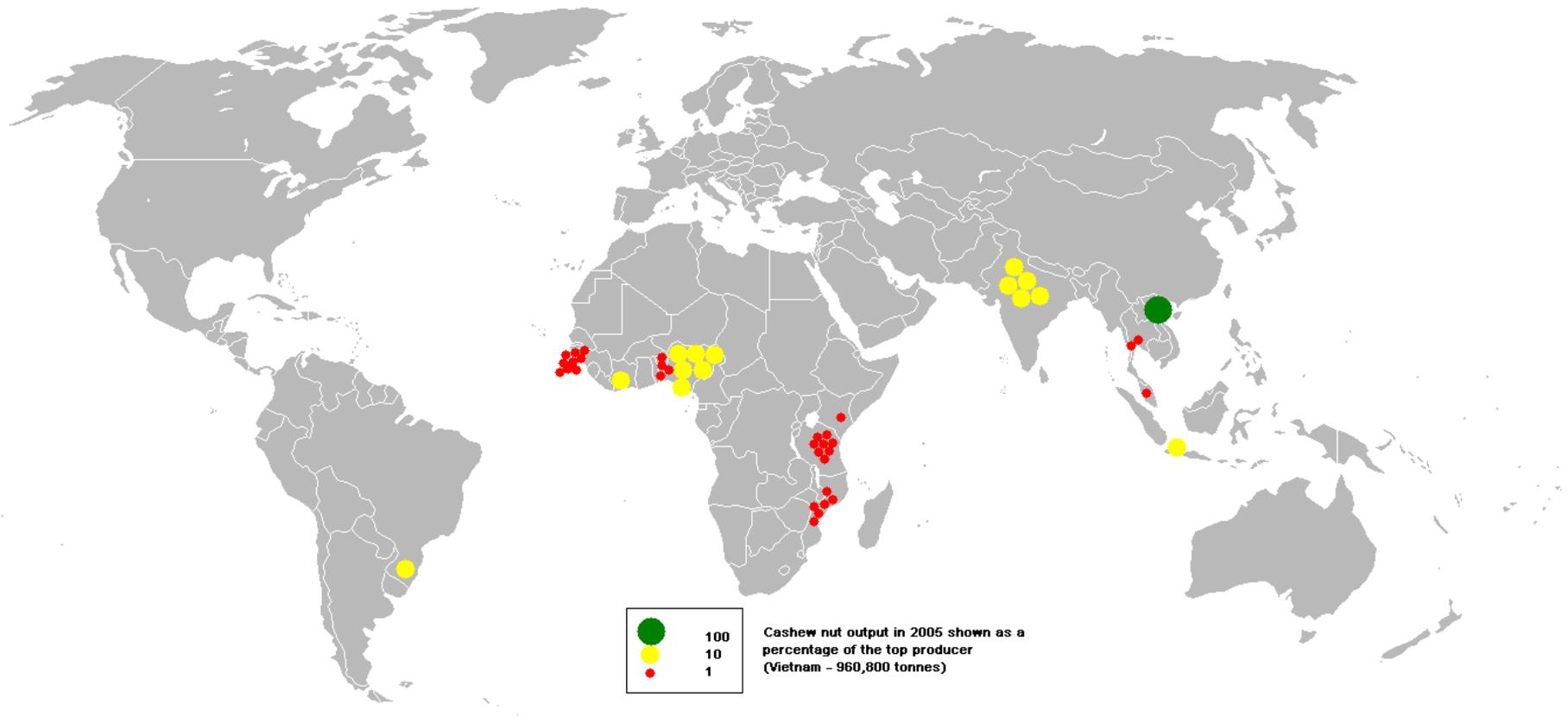
- Kingdom: Plantae
- Order: Sapindales
- Family: Anacardiaceae
- Genus: Anacardium
 - “upwards heart”
- Species: occidentale



History

- Native to Brazil
- Introduced to India and Africa by Portuguese explorers in the 16th century
- Cashew tree was used initially utilized for its wood and fruit
- Cashew nut did not become popular until the beginning of the 20th century
- Leading producers are now Brazil, India, Tanzania, and Nigeria

Worldwide Distribution



Cashew Tree

- Evergreen growing to 10-12m tall
- Leaves: spiral arrangement, leathery, elliptic
- Flowers: pale green to red, 5 slender petals, panicle



Cashew Apple

- Accessory fruit
- Yellow or red when ripe
- 5-11cm long
- Sweet smell and taste
- Fragile skin which makes the fruit unsuitable for transport

Cashew Apple



Cashew Nut

- The true fruit grows on the end of the cashew apple
- Inside the fruit is a seed which is the nut we commonly think of as the cashew
- Seed is surrounded by a double shell
- Inside the shell is an allergenic phenolic resin, anacardic acid

Cashew Nut



Cashew Harvesting

- Fruit is hand-picked
- Nuts are detached and removed from shell via two different methods:
 - Roasting
 - Soaking

Cashew Harvesting



Removing hulls from cashew nuts

Applications

- Wood is utilized for shipping crates, charcoal, and boats
- Cashew apple is used in jam, jelly, and beverages
- Anacardic acid is an ingredient in insecticides
- Cashew nut is harvested and shipped around the world

Medicinal Purposes

- Promote cardiovascular health
- Reduce high triglyceride levels
- Increase copper intake resulting in:
 - Proper iron utilization
 - Elimination of free radicals
 - Development of bone and connective tissue
 - Production of melanin
 - Improved collagen linkage for flexibility in blood vessels, bones and joints

Medicinal Purposes

- Provide proper intake of Magnesium, which helps prevent:
 - High blood pressure
 - Migraines
 - Muscle cramps
 - Tension
 - Fatigue
- Lower risk of gallstones
- Reduces risk of weight gain

References

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