



Almonds
Prunus dulcis



Arielle Glaspie

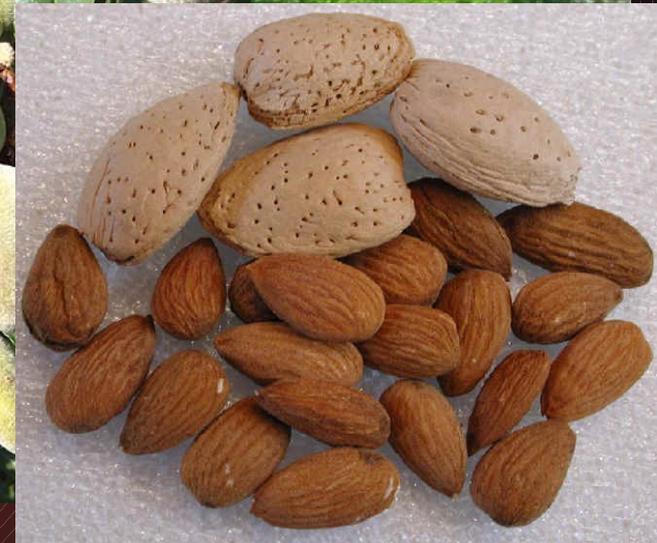
Pharmaceutical Ethnobotany



27 January, 2011



Anatomy



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www.hlasek.com
Amygdalis communis 6560

© Miloš Anděra

Scientific Classification

Kingdom: *Plantae* 

Division: *Magnoliophyta* 

Class: *Magnoliopsida* 

Order: *Rosales* 

Family: *Rosaceae*

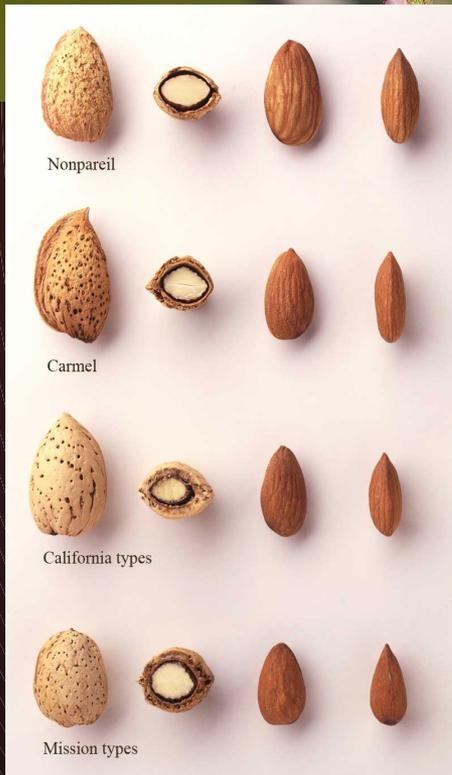
Genus: *Prunus* 

Subgenus: *Amygdalus* 

Species: *P. dulcis* 

Binomial name: *Prunus dulcis*

Types

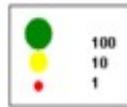
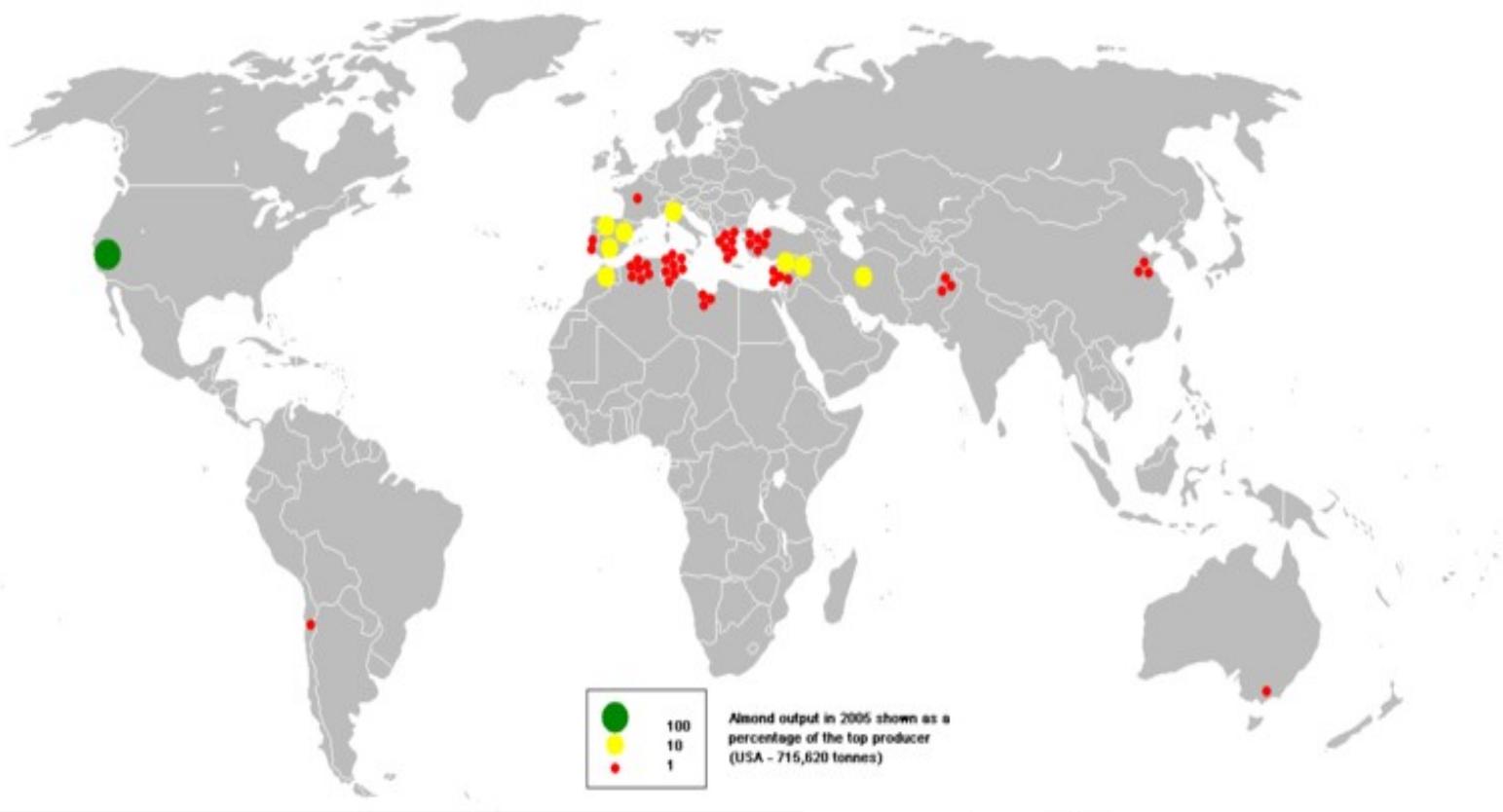


• Sweet almonds: white flowers, tall, narrow fruit

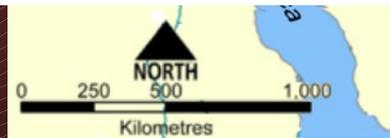
• Bitter almonds: pink flower, broader and shorter than sweet almonds, more hydrogen cyanide

Origins

Sicily / AZORES Island / Island group
★ Capital
Scale 1:35,000,000
Relief: Progressive
standard parallels 30° N and 30° S



Almond output in 2005 shown as a percentage of the top producer (USA - 716,620 tonnes)



April 2004

Source: FAO, International Institute for Applied Systems Analysis (IIASA), and the United Nations Food and Agriculture Organization (FAO).
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Cultivation

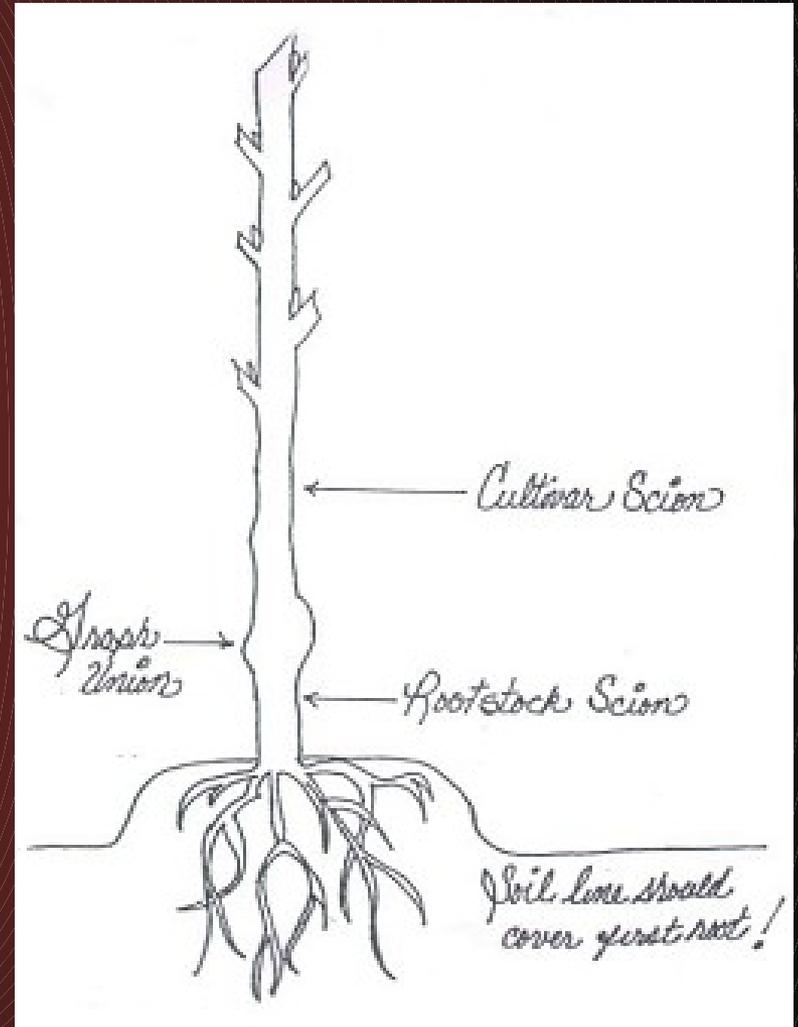
Almond trees prefer temperate climates

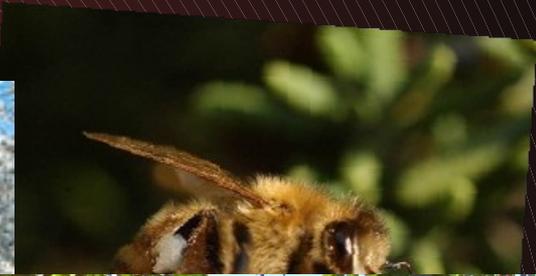
Best to plant grafts in early spring, seeds in late fall

Soil needs to be rich and well aerated

Hole should be big enough so that roots are spread out

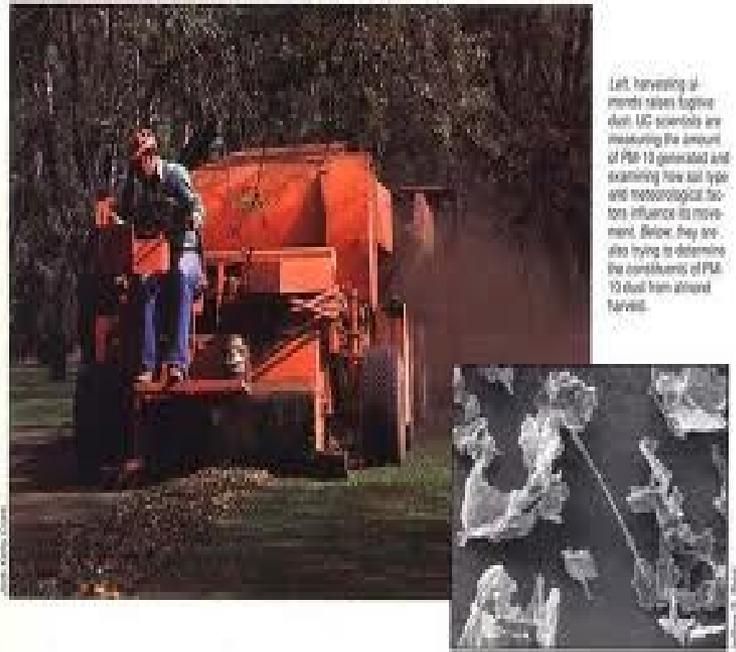
Top root should be just above the soil line and covered (hilling technique)





Harvestin

Almonds are shaken from the tree and transported to machines that automatically shell the fruit



Left, harvesting almonds raises fugitive dust. UC scientists are measuring the amount of PM-10 generated and examining how soil type and meteorological factors influence its movement. Below they are also trying to determine the constituents of PM-10 dust from almond harvest.



Pests



Naval Orange Worm
Peach Twig Borer
Leaf-footed Plant Bug
Mites

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UC Statewide IPM Project
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Uses

FOOD!!!

Italy - Amaretti, biscotti

Iran - Chaqalu bâdom

Sicily - Pasta di mandorle

Greece - Soumada

China - Served in warm milk

Morocco - Tajine

Pakistan - Badam halva

India - Sohan barfi



Almond, raw Nutritional value

per 100 g (3.5 oz)

Energy 2,418 kJ (578 kcal)

Carbohydrates 20 g

Sugars 5 g

Dietary fibre 12 g

Fat 51 g

 saturated 4 g

 monounsaturated 32 g

 polyunsaturated 12 g

Protein 22 g

Thiamine (B1) 0.24 mg
(18%)

Riboflavin (B2) 0.8 mg
(53%)

Niacin (B3) 4 mg (27%)

Pantothenic acid (B5) 0.3
mg (6%)

Vitamin B6 0.13 mg (10%)

Folate (B9) 29 µg (7%)

Vitamin C 0.0 mg (0%)

Vitamin E 26.22 mg (175%)

Calcium 248 mg (25%)

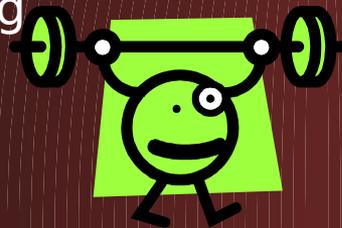
Iron 4 mg (32%)

Magnesium 275 mg (74%)

Phosphorus 474 mg (68%)

Potassium 728 mg (15%)

Zinc 3 mg (30%)



Almonds are gluten free and can lower the chances of a heart attack by 50% if eaten 5 times a week

Symbolism

Kashmere state tree

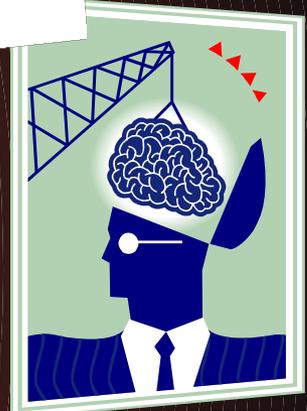


Chinese symbol of beauty and sadness

美

悲傷

India people believe that eating almonds is good for brain development and maintaining healthy brain cells



Many Biblical symbols

Mary's virgin birth of Jesus Christ

Decoration of the Holy of Holies

Symbol of watchfulness and promise

in Jeremiah

