



Almonds *Prunus dulcis*

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Anatomy



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www.hlasek.com
Amygdalis communis 6560

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Scientific Classification

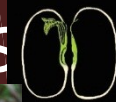
Kingdom: *Plantae*



Division: *Magnoliophyta*



Class: *Magnoliopsida*



Order: *Rosales*



Family: *Rosaceae*

Genus: *Prunus*



Subgenus: *Amygdalus*



Species: *P. dulcis*



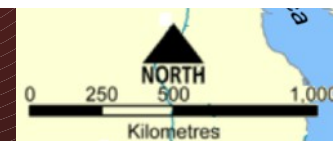
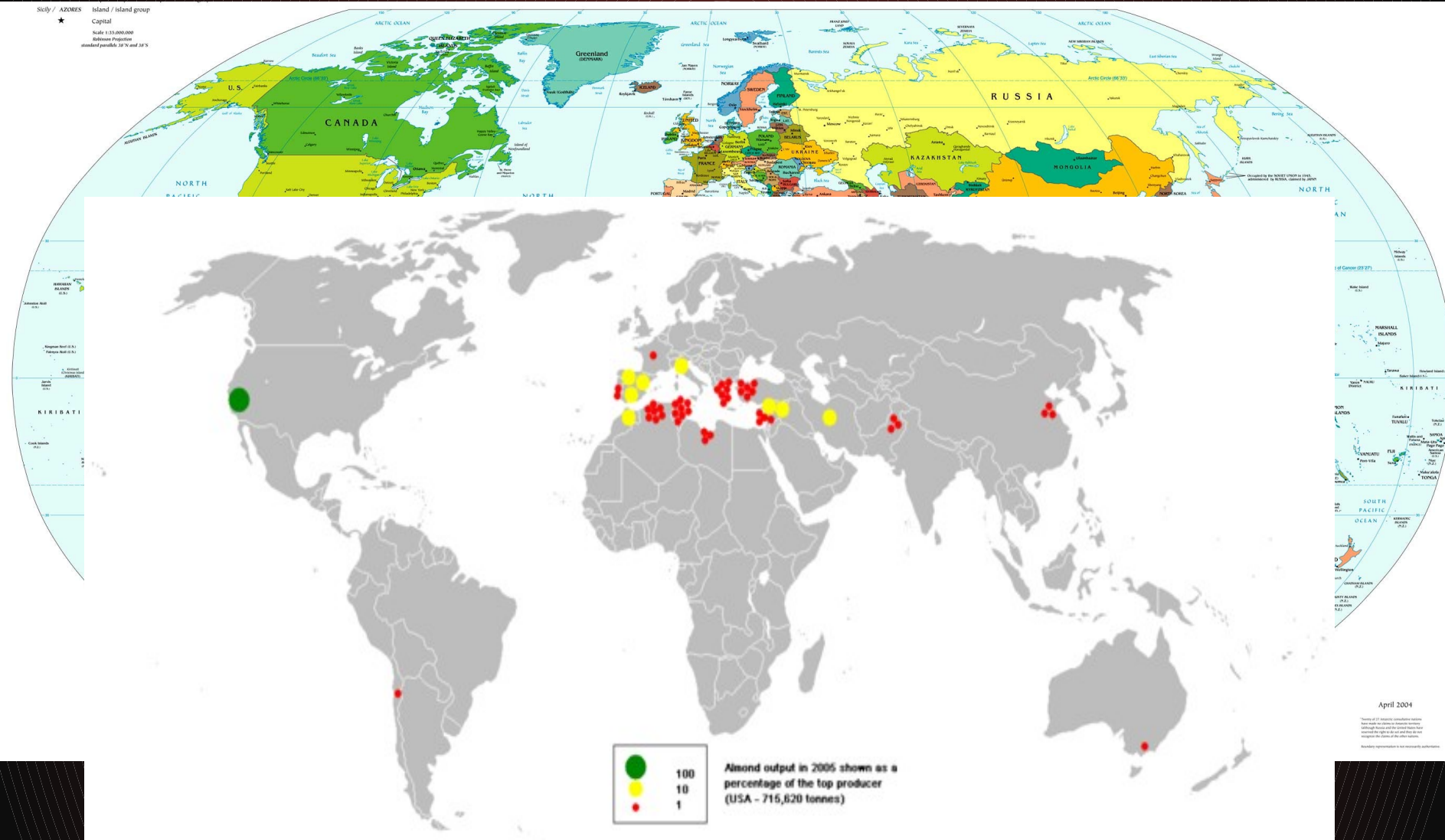
Binomial name: *Prunus
dulcis*

Types



- Sweet almonds: white flowers, tall, narrow fruit
- Bitter almonds: pink flower, broader and shorter than sweet almonds, more hydrogen cyanide

Origins



Cultivation

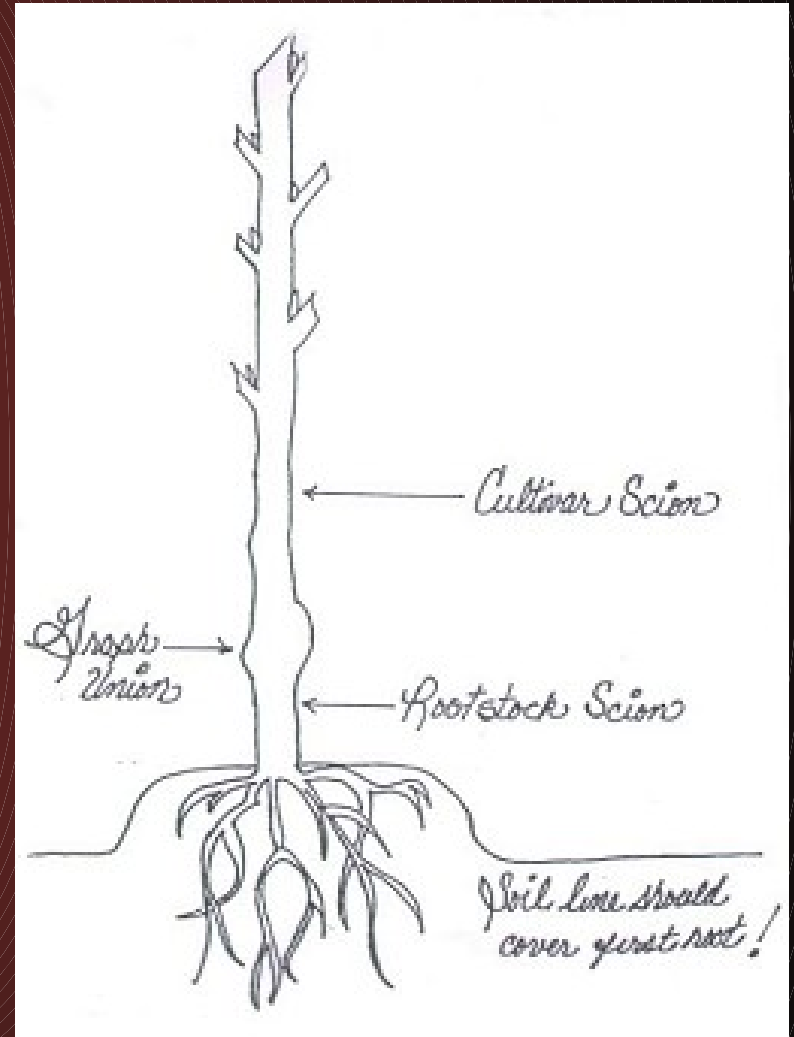
- Almond trees prefer temperate climates

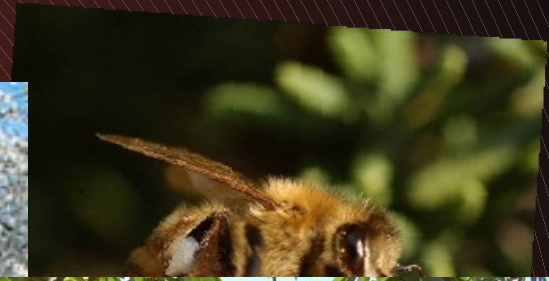
- Best to plant grafts in early spring, seeds in late fall

- Soil needs to be rich and well aerated

- Hole should be big enough so that roots are spread out

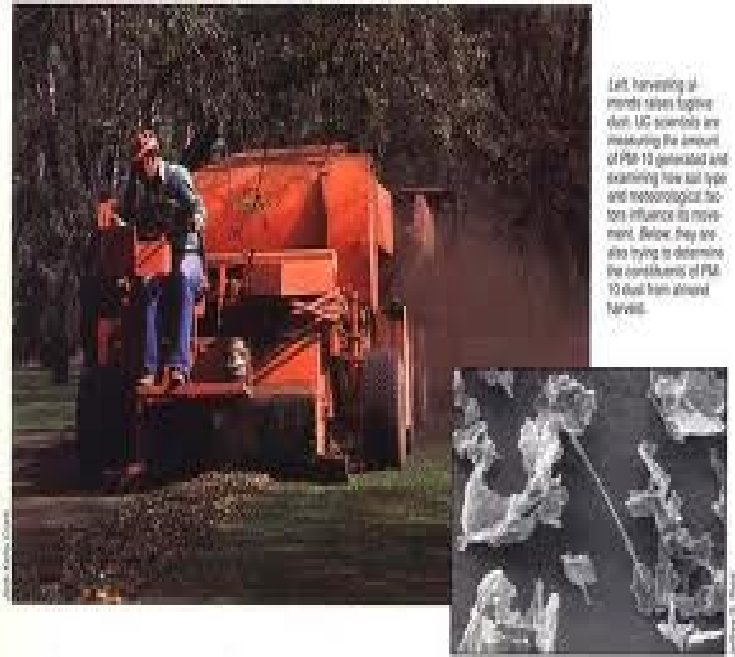
- Top root should be just above the soil line and covered (hilling technique)





Harvestin

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



Pests



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

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%)

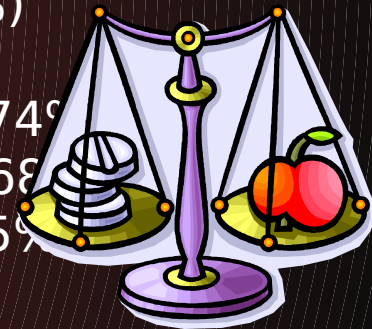
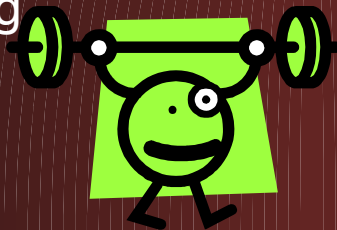
Iron 4 mg (32%)

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

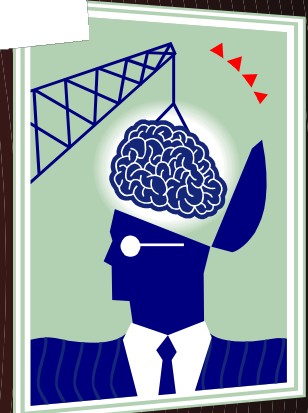


- Chinese symbol of beauty and sadness

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

