



# CASHEWS

*We've found that the best cashews grow in the fertile soil and warm climate of the tropics. The cashews that grow here are creamy, sweet and packed with vitamins, minerals and of course, flavor.*

## OUR PROCESS

Vietnam and Côte d'Ivoire are both home to our cashews, the soil is full of nutrients, and the climates are warm and moist. The cashew tree takes up to five years to produce its first fruit and can grow upwards of 40 ft. While the cashew is the fruit of the tree, it produces an accessory fruit underneath the cashew called a cashew apple. The skin of the cashew apple is very fragile and only used locally. When the cashew apple is yellow and reddish color, they are ready to be harvested.

After the cashews are ripe enough, they fall to the ground from their weight. The cashew is removed from the top of the false fruit and must be cleaned, steamed, and dried thoroughly before consuming. After the nut is clean, it is steamed to soften the shell and loosen the skin. When the shell is just soft enough, we gently peel the skin off and send it to be sorted by size and color.

## USE

Our cashews are a great source of beneficial fats and minerals like Magnesium, Copper, Iron, Zinc and Vitamin K.

## THE SOURCE

Vietnam is the easternmost country in Southeast Asia and borders China, Laos, Cambodia, and Malaysia. The region varies in climate and with a tropical savanna climate in the south, a monsoon climate in the central region and a humid subtropical climate in the north. The landscape consists of highlands, coastal lowlands, rivers, mountains and extensive forests.



Vietnam



Côte d'Ivoire  
(Ivory Coast)

### Variety

*Anacardium Occidentale*

### Origin

Vietnam & Côte d'Ivoire

### Certifications



### Typical Nutrition Per 100g

<b>Calories</b>	<b>572</b>
Calories from fat	380.07
<b>Total Fat</b>	<b>42.23g</b>
Saturated Fat	8.53g
Trans Fat	0g
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>25.4mg</b>
<b>Potassium</b>	<b>551.5mg</b>
<b>Total Carbohydrate</b>	<b>27.41g</b>
Dietary Fiber	4.62g
Sugars	9.95g
<b>Protein</b>	<b>18.22g</b>
<b>Vitamin A</b>	<b>0IU</b>
<b>Vitamin C</b>	<b>0mg</b>
<b>Calcium</b>	<b>200.1mg</b>
<b>Iron</b>	<b>3.7mg</b>



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