

Archive for December, 2014

## Think Hazelnuts

Monday, December 29th, 2014

Do you have a place “out back” or “over there” in your home landscape where you’d like to plant some kind of woody plant; but you don’t think there is enough room for even a smallish tree? Would a wonderful, useful woody shrub do; especially if it only reached about 15 feet in height and 10 feet in diameter at maturity? How about if it also produced a bounty of wonderfully-tasting, nutritious nuts in less than 10 years? If so, you may be thinking of a hazelnut.

Hazelnuts have provided nourishing food for over 5,000 years, and the ancient Chinese even called them a “sacred nourishment.” The following illustration from the National Arbor Day Foundation summarizes the world of benefits of hazels very well.

### A world of benefits from something so small!

- Hazelnuts are rich in dietary fiber, vitamin E, magnesium, potassium and heart healthy vitamin B.

- Loaded with antioxidants and phytonutrients that benefit the immune system.

- Studies suggest that consuming just 1.5 ounces of hazelnuts per day may help reduce the risk of cardiovascular disease.



- Hazelnut bushes are classified as “woody agriculture” – which means they help slow climate change by offsetting the build-up of carbon dioxide in the atmosphere.

- Hazelnut shells are a safe and efficient fuel which can help lessen demand for wood and other energy sources.

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If you want to try hazelnuts, you will actually need to plant three of the bushes within a reasonable distance of each other (preferably in a clump, if possible) in order to facilitate successful cross pollination. So, if your space can accommodate this additional requirement, why not give hazelnuts a try? This additional information from the Arbor Day Foundation tells you more about the amazing hazelnut, or



contact the Foundation at [arborday.org/hazelnuts](http://arborday.org/hazelnuts).



# Arbor Day Farm Hazelnut

*Corylus spp.*

**LEAVES:** Alternate, 2 ½ inches long and 1 ½ to 3 ½ inches wide with doubly-toothed margins. Somewhat spear-shaped with a pointed tip and rounded or heart-shaped base on a ½-inch long petiole. Dark green on top, lighter beneath with some soft hairs.

**FLOWERS:** Males and females are on the same bush but need other hazelnuts to cross pollinate. Female flowers are small and red. Male flowers are on catkins that appear in late summer and grow to about one inch. Growth resumes in early spring and reaches up to 12 ½ inches in length.

**FRUIT:** Nuts are light brown to rich chestnut brown and range in size from ¼ to ¾ inches in diameter. Each is covered by a green, rough involucre that becomes brown and dry when the nuts are ripe. Borne in clusters of 2 – 3, and sometimes 4.

**FORM:** A rounded, multi-stemmed bush up to 15 feet tall and about 10 feet wide at maturity.

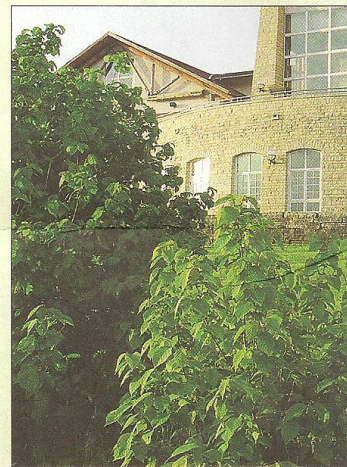
**WILDLIFE VALUE:** Very high. Not only are the nuts a favorite with

squirrels, deer, wild turkeys, grouse and other animals, the bushes provide excellent nesting and hiding cover for a variety of birds.

**PLANTING:** Prefers full sun and grows best on moist, well-drained loam soil. However, other soils will be tolerated and the pH can range from acidic to neutral. Water when the plants are young and keep their root zones free of weeds. Plant in groups of 3 or more for pollination and protect young plants with chicken wire or tree shelters (tubes). Suitable in hardiness zones 3 – 9.

**ARBOR DAY FARM HAZELNUTS** are continuously being developed to provide large, great-tasting nuts on superior growing stock. This means that the nuts and other characteristics may vary. These plants are hybrids with variable parentage, but are usually crosses between either or both of two native species: American hazel and beaked hazel, and the European hazel, often called filberts. On good sites growth of Arbor Day Farm Hazelnuts is medium to fast, with nuts being produced in 4 – 5 years. Once production

begins, bushes can yield up to 7 pounds of nutritious hazelnuts that can be eaten fresh, roasted, or as an addition to meats, casseroles or desserts.



To purchase or learn more about this tree and others, visit [arborday.org/hazelnuts](http://arborday.org/hazelnuts).

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Hazelnuts are good for the environment, good for wildlife, good for growers, and **TASTE GREAT!** Give 'em a try!