

















What is a tree nut???

Tree Nut	In Shell	Out of Shell	Tree Nut	In Shell	Out of Shell
Almond (Amande)			Pecan (noix de pecan)		
Brazil Nut (noix du Brésil)			Walnut (noyer)		
Cashew (noix de cajou)			Pine Nut (noix de pin)		
Hazelnut (noisette)			Pistachio (pistache)		

Peanuts, nutmeg, and coconut are NOT tree nuts