



FEBRUARY

2021



FEBRUARY NEWSLETTER #1



- VOL.3 ED. 5



GO NUTS

ADSOLNM

CIIHPSOATS

ATWNUSL

HNTEUSCTS

ENPSAC

NELSTAZUH

DAIMACAAM

Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.



February Birthdays

- 7 Mildred Bradham
- 14 Shannon Blair
- 16 Jessica Lannon
- 18 Delphia Von Heeder
- 20 Don Giles
- 25 Nina Beth Everhard
- 26 Diane Dow



SEEDS AND NUTS

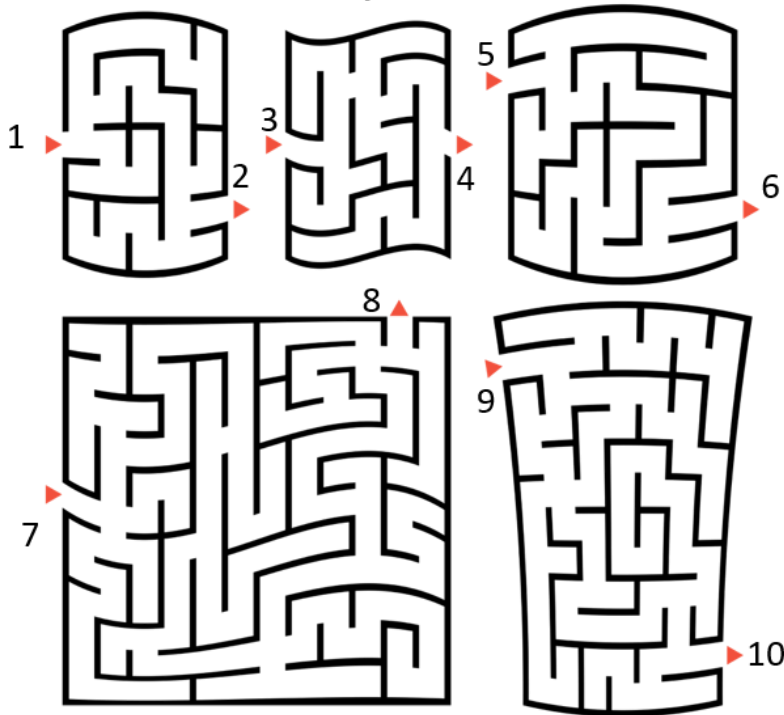
E	S	H	A	Z	L	E	N	U	T	S	I	N	S
L	S	M	T	S	P	T	E	D	C	C	T	S	U
F	D	A	E	M	I	S	A	S	A	H	F	T	N
L	E	C	N	P	S	D	S	P	S	E	S	U	F
A	E	A	P	X	T	E	M	I	H	S	D	N	L
X	S	D	H	E	A	E	N	D	E	T	N	L	O
S	N	A	S	S	C	S	S	W	W	N	O	I	W
E	I	M	S	P	H	A	H	A	S	U	M	Z	E
D	P	A	A	A	O	H	P	S	W	S	A	R	S
S	M	N	P	N	S	C	E	D	A	U	Z	B	E
R	U	U	C	U	A	S	T	U	N	L	A	W	E
H	P	T	K	T	T	U	N	E	N	I	P	U	D
L	I	S	E	S	A	M	E	S	E	E	D	S	S

- PECANS
- CHESTNUTS
- WALNUTS
- SESAME SEEDS
- MACADAMIA NUTS
- PINE NUT
- PUMPKIN SEEDS
- FLAXSEEDS
- SUNFLOWER SEEDS
- ALMONDS
- BRAZIL NUTS
- CASHEWS
- HAZLENUTS
- PISTACHIOS
- PEANUTS
- CHIA SEEDS

Grab a pencil and piece of paper. How many words can you make using the letters in "Six More Weeks" We found 37!!



Crazy Maze



Pistachios

The pistachio a member of the cashew family, is a small tree originating from Central Asia and the Middle East. The tree produces seeds that are widely consumed as food.

Pistacia vera often is confused with other species in the genus *Pistacia* that are also known as pistachio. These other species can be distinguished by their geographic distributions (in the wild) and their seeds which are much smaller and have a soft shell.

As of 2017, Iran accounted for over half the world's production of pistachios. But, A 2020 report indicated that nearly half of the global production of pistachios in 2019 came from the United States, with production in Iran falling to as low as 7% due to US trade sanctions against Iran, climate change, and weak economic and water management in Iran.

Each pistachio tree averages around 50 kilograms (110 lbs) of seeds, or around 50,000, every two years. The tree grows up to 10 m (33 ft) tall. It has deciduous pinnate leaves 10–20 centimeters (4–8 inches) long. The shell of the pistachio is naturally a beige color, but it is sometimes dyed red or green in commercial pistachios. Originally, dye was applied by importers to hide stains on the shells caused when the seeds were picked by hand. Most pistachios are now picked by machine and the shells remain unstained, making dyeing unnecessary except to meet ingrained consumer expectations.

The pistachio tree is long-lived, possibly up to 300 years. The trees are planted in orchards, and take approximately seven to ten years to reach significant production. Production is alternate-bearing or biennial-bearing, meaning the harvest is heavier in alternate years. Peak production is reached around 20 years. Trees are usually pruned to size to make the harvest easier. One male tree produces enough pollen for eight to twelve drupe-bearing females. Harvesting in the United States and in Greece is often accomplished using equipment to shake the drupes off the tree. After hulling and drying, pistachios are sorted according to open-mouth and closed-mouth shells, then roasted or processed by special machines to produce pistachio kernels.

"Scientific evidence suggests but does not prove that eating 1.5 ounces (42.5 g) per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease"

(continued on page 4)

**Remember
Red
Pistachios?**



**6 more
weeks of
Winter**



Free Masks

Lavelle Ford and Barbara Spencer are still making masks. Masks are free to all members and to all TMRC residents and staff.

Barbara: barbs1145@hotmail.com

Lavelle: lavelle.ford@gmail.com

