

# THE NUTCAST

Valley Harvest  
Nut Co., Inc.



(209) 538-7766 \* 3242 S. Carpenter Road, Modesto, CA 95358

February 2018

## Field Visitations

Wayne Lyle has long needed a special foot surgery and he finally agreed with his doctor to have it done. Surgery went well, but he has to be off his foot for six weeks. He is recovering well and getting around now on a scooter and trying to drive once again. Therefore, he hasn't been out as much as he would like. He is certainly always available by phone (209) 678-7177, or you are welcome to call our office.



## MARKET REPORT

To quote a market report we received: "This month's update is going to read like an extension of last month's comment. Prices are NOT slowing down shipments, sales continue at a brisk pace while availability on current crop is tightening." Therefore, there isn't much change in the market since last month. A steady and stable market is a perfect scenario for the almond industry to deliver a steady and stable grower price during a time of growing production. There is an anticipation of a 2.5 billion pound crop for 2018. The current consistent market is much better than huge price swings up and down.

Shipments are steady and our plant is extremely busy. Valley Harvest shipment percentages are equal to the industry. As in past years, where we differ is in 'previously committed sales'. Of the almonds remain-

ing to ship, the industry presold 44% of it last summer or fall when prices were lower. Valley Harvest only committed 13% last fall. Although we are often asked to sell product before it is harvested, we chose to not participate in those orders. Twenty-four years of marketing almonds have proven that waiting for the harvested crop is the better solution. It allows Valley Harvest to maintain and utilize the price increases as they present themselves. This philosophy is directly connected with providing strong closing prices to our growers.



## BLOOM...Flowers are Beautiful

While the market hasn't changed much since last month, the fields have. Trees are in full bloom! The lack of rain and warmer weather brought about bloom almost two weeks earlier than normal. Usually, at Valentine's Day, we see only a few blossoms but this year it was a beautiful, almost full, bloom.

The above-average warm weather has now given way to extremely cold temperatures. The early bloom has slowed to 'an average bloom' with some later varieties possibly behind schedule. An extended bloom period certainly is a blessing for bee pollination and adequate flying time, but the cold weather opens the door for a dangerous frost. The extreme cold degrees predicted for the next three days are prompting growers to take necessary precautions to protect their crop. We are praying frost doesn't become an issue.

## NATIONAL ALMOND DAY is Feb. 16

Grab a handful of crunchy almonds and read on for six reasons they are so beneficial.

**Strengthen Your Bones**—Almonds are important because they contain phosphorus, which works with calcium to improve the strength of our bones.

**Improve Your Brain Function**—Almonds are a good source of L-carnitine, which plays an important role in the brain, heart, and muscles.

**Provide Heart Disease Protection**—Almonds are high in monounsaturated fats, which is a healthy form of fat that may help decrease the risk of stroke and lower "bad" cholesterol levels

**Bolster Your Immune System**—High in antioxidants including vitamin E, almonds can help protect the body from oxidative stress, which contributes to many destructive conditions including diabetes and cancer.

**Decrease Inflammation**—Almonds contain linoleic and linolenic acids, which are two types of essential fatty acids known to promote a reduction in systemic inflammation.

**Prevent Diabetes**—Almonds have been shown to prevent a surge in blood sugar, thereby reducing the glycemic index of a meal.

Written by: Beth Levine



Next Payment:  
April 5