

THE NUTCAST

Valley Harvest
Nut Co., Inc.



info@valleyharvestnut.com * (209) 538-7766 * 3242 S. Carpenter Road, Modesto, CA 95358

April 2022



ALMOND Mozzarella Sticks

Many VHN employees are trying the Keto diet and discovered a great snack using almond meal.

INGREDIENTS

- 8 Mozzarella String Cheese Sticks (low moisture and part-skim)
- 2 large Eggs beaten
- 1/3 cup Grated Parmesan
- 1/2 cup Natural Fine [Almond Meal](#)
- 1 teaspoon Dried Oregano
- 1 teaspoon Fresh Parsley chopped

INSTRUCTIONS

1. Line a freezer-safe plate with parchment paper. Set aside.
 2. Cut the mozzarella string cheese sticks in half.
 3. Set out 2 medium bowls, one with the beaten eggs and one with the grated parmesan, dried oregano, and almond flour mixed together.
 4. Dip the mozzarella cheese sticks in the egg wash, then roll the sticks in the breading to coat. Repeat this process to make sure the mozzarella sticks are fully coated.
 5. Place the sticks on the prepared plate and freeze for at least an hour or overnight for best results.
 6. When ready, place the sticks into the Air Fryer rack or oven; sticks should not touch each other.
 7. Air fry/bake for 7-10 minutes on 375°F turning them halfway through cooking time, carefully.
- Sprinkle with parsley & [more parmesan cheese](#). Serve immediately with dipping sauce, if desired.



Market Report

Well, the March shipment report was a welcome surprise!!! March 2022 took **FIRST PLACE** as the largest shipping month for the industry for the current 2021 crop. Finally, a large shipping number worthy of a blue ribbon. Domestic shipments were **UP 0.8%** over last year (much better than February 2022's reduction of 24%). Although export shipments were below March 2021 shipments by 8.1%, it is a smaller deficit than February 2022's 11% reduction (and January 2022's 18.4% deficit).

Product is moving! Let's take a moment to enjoy the positive facts including an increase in committed sales (sold but not yet shipped) and 14.65% increase of new sales last month. Valley Harvest is nearly 60% sold. Praise Jesus!

We are **grateful** for the terrific shipping report, but we understand that all the problems have not been re-

solved. Economic and political factors, increased costs (from farm to table), port issues, and a bigger-than-desired carryover continue to impact the almond industry. On top of all of that, Terra Nova Trading Inc. announced an estimate of a 2.9 billion pound 2022 crop (see a summary of their report below). By the way, NASS should publish their acreage report on 4/28/22 and the Subjective Estimate on 5/12/22.

It may not be feasible for handlers to raise prices at this time (potentially halting sales) with all these issues still happening. We need consumers to crave almonds, purchase product, and then get it on the road to their facilities.

Even so, we hold our heads high and will push forward to the finish line as we continue to sell and ship your almonds to the end users.



Terra Nova TRADING INC.

Two guys walked in and out of hundreds of almond fields throughout our state inspecting the almond crop hanging on the trees. Here is a summary of their report:

Yield—Pounds per Acre:

Estimating 2022 crop producing 2,100 pounds/acre. Average since 2015 is 2,173 with **OUT** the bumper 2020 crop (average is 2,220 pounds/acre including the 2020 bumper crop.)

Bearing Acres:

1.38 million acres (110,000 additional and 50,000 removed.) Potentially 115,000 acres that are 3rd leaf (technically non-bearing) may produce 50 million pounds of almonds.

2022 Crop Estimate:

Approximately 2.90 billion pounds even with the drought and frost issues

As costs continue to increase, we would all be considered wise to keenly watch expenses incurred. If you haven't already tightened the purse strings, today is a great day to begin as you continue to grow **delicious California Almonds**.