

THE NUTCAST

Valley Harvest
Nut Co., Inc.



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Celebrating National Almond Day is a delicious and healthy endeavor. **ALMONDS** are heart healthy, rich in nutrients, assist in weight management, lower cholesterol, contain antioxidant properties, and improve bone health. It's not a surprise that many almond farmers live into their 80s and 90s. **WAY TO GO!** Let's celebrate!

- **Enjoy Almond Snacks:** Treat yourself to a handful of almonds as a snack or add them to your favorite trail mix.
- **Bake with Almonds:** Incorporate almonds into your baking by making almond cookies, almond butter, or almond-flavored pastries.
- **Share Almond Knowledge:** Share interesting almond facts and recipes with friends and family on social media.

<https://www.awarenessdays.com/awareness-days-calendar/national-almond-day-2025/>



Market Report

As you drive down the road, look out your window and/or walk through your fields, "bloom" is popping out all over! Yes, we are in the new year and it's time to start focusing on the upcoming new crop. We had beautiful January weather, and February is now starting to supply some of the lost inches of rain we desperately need. "But Lord, please wait until the bees have time to pollinate!" Even though we prayed for good 'bee weather,' it poured rain Wednesday night and the forecast is more to come. February is definitely the nerve-wracking month for growers!

It is interesting to follow the total pounds available for market. It is quite definite we will **NOT** hit the estimate of 2.8 billion pounds (it will most likely land between 2.6-2.7). Overall shipments for January were down *just a little* (only one-half of a percent). In that this year's crop is down slightly and the carry over was also down at the beginning of the Almond Board crop year (August 1st), total shipping should be down from last year... and it is. By percentages, the industry is on track and prices should remain firm or up but what happened in January was the opposite. Prices fell.



So, why did prices fall?

Well, lower shipping numbers contributed and, likely, some handlers held back too much product for too long expecting prices to climb. Now, they are 'in a pinch' to cover expenses and grower payments, and with the bloom "around the corner", they got nervous. To increase cash flow, they started offering lower prices to secure orders (income). Since customers have their own 'coffee shop' conversations, the words *Lower Prices* spread like wild fire. Nonpareil kernels took the largest tumble. However, even with the sloppy brown skin pricing, our Valley Harvest Nut manufactured products have not fallen. There is no reason why pricing shouldn't rebound – unless...*back to the beginning*... "bloom" is popping out all over!

Almond Farmer Word Search

You could be on a 'rainy day' schedule soon, so here is quick puzzle for you to enjoy.

Acres	Field	Shaker
Almond	Floater	Sprayer
Beehive	Irrigation	Sweeper
Blossom	Kernel	Tractor
Disc	Rake	Trees

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