



P.I. News



PISTACHIO INDUSTRY

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Pistachios Support Weight Management, Provide Cardiovascular Benefits and Help Control Glucose Levels

11 April, 2011 - According to *Pistachiohealth.com* and a study carried out by the Agricultural Research Service (ARS) of the US Department of Agriculture (USDA) fat in pistachios may not be completely absorbed in the body and these may actually contain less calories per serving than originally thought.

This study was presented at the Experimental Biology conference in Washington, D.C, on April 11, 2011, and is the first study carried out in this area. The reached findings validate pistachios as one of the lowest calorie nuts, with 160 calories per 30g serving (approximately 1 ounce).

Researchers measured the energy value of pistachios by supplying 16 healthy adults with these nuts as part of a controlled diet. The energy value from differences in energy excretion during the dietary treatment was calculated, finding that the resulting energy value of one 30g serving of pistachios was 5.9% less than previous calculations. According to lead ARS researcher, David J. Baer, this study confirms that the fat from pistachio nuts is not completely digested or absorbed, resulting in a lower energy value.

This new study, as well as previous research, demonstrates that pistachios are a weight-wise snack, due to their calorie savings potential. Earlier investigation showed that pistachio consumption not only supports body mass index targets but can also support heart health. The current study provides additional data that reinforces previous research on the heart-health benefits of pistachios, as the ARS researchers found that the inclusion of 1.5 and 3 ounces of pistachios in the diet provides cardio-protective results.

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US (CA): Solar panels power Central Valley pistachio farm

Alongside the sprawling grove of pistachio trees at Nichols Farms near Fresno, a 6-acre solar-panel installation is now up and running.

The 1-megawatt concentrating photovoltaic project, built by Bechtel Power Corp. and featuring SolFocus technology, is being called the first of its kind in the agricultural Central Valley.

The plant is connected to the Southern California Edison grid and will produce enough electricity to cover 70% of the 50-year-old pistachio farm's demand.

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LINKS



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University of California
Cooperative Extension



Harefield Pistachios



Nuts for Life

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According to the Western Pistachio Association, another recent study conducted by the University of Toronto, found that pistachios limit blood sugar response in patients with metabolic syndrome as well as in healthy individuals, showing that pistachios are a smart snack choice for healthy people as for those who suffer from certain health problems.

This study, which was presented at the Experimental Biology meeting on April 12, 2011, is the first pistachio study conducted on individuals who had previously been diagnosed with metabolic syndrome. This condition results of a combination of medical disorders - elevated blood pressure, increased waist size, low HDL-cholesterol, elevated fasting triglycerides, and elevated fasting blood glucose - that increase the risk of developing cardiovascular disease and diabetes.

According to lead researcher Cyril Kendall, PhD, pistachios may help reduce the risk of developing these conditions by limiting the rise in blood glucose when eaten with high-carbohydrate meals.

Sources: Pistachiohealth.com and The Western Pistachio Association.

CANADA - New MRLs for Various Pesticides

The World Trade Organization (WTO) has received two communications that are being circulated at the request of the Delegation of Canada, which contain notifications of adoption, publication and entry into force of new regulations on pesticides. The Pest Management Regulatory Agency adopted on March 18, 2011, the Established Maximum Residue Limit EMRL2011-13, regarding maximum residue limits for pesticides or commodities currently registered in Canada and previously covered by the 0.1 parts per million general maximum residue limits, and the proposed maximum residue limit document for trifloxystrobin was adopted 24 March 2011 as the Established Maximum Residue Limit EMRL2011-18:

Pesticide	MRL (ppm)	Commodities
Napropamide	0.1	Black walnuts, cranberries, English walnuts, grapes.
Phosphine	0.1	Almonds, black walnuts, Brazil nuts, cashew nuts, dates, English walnuts, peanuts, pecans, pistachios.
Dichlobenil	0.1	Cranberries
Dinocap	0.1	Grapes
Glufosinate-ammonium	0.05	Grapes
Trifloxystrobin	2.0	Apricots, plums, prune plums

[Established Maximum Residue Limit EMRL2011-13, Established Maximum Residue Limits for Pesticides/ Commodities Currently Registered in Canada Previously Covered by the 0.1 Parts Per Million General Maximum Residue Limit.](#)

[Established Maximum Residue Limit EMRL2011-18 Trifloxystrobin.](#)

India: Pistachio declines on sluggish Demand

Pistachio prices declined by Rs 5 per kg in the national capital today owing to sluggish demand from retailers and stockists. Adequate stocks position following increased arrivals from overseas markets also put pressure on

pistachio prices. Pistachio hairati and peshawari fell by Rs 5 to settle at Rs 1,000-1,050 and Rs 1,250-1,300 per kg, respectively.

Source: msn.com

Publication date: 4/26/2011



Pistachio orchards begin greening

As the middle of April neared, Johnny Starling's pistachio trees near Hanford, Calif., were in the pineapple stage.

"The buds are pushing out and forming small clusters," the general manager of farming for Nichols Farms said. "The green tips are out about 1 to 2 inches — a little bit late, but they've been this late before."

In view of the weather at the time, mostly sunny with temperatures reaching in to the low 70s, and the forecast, he saw the possibility of a pretty good bloom.

Meanwhile, following weather-related delays in winter maintenance chores, such as replanting missing trees in older orchards, his crews were catching up on spraying and mowing to control weeds in the row middles.

The Nichols Farms pistachios, the first of which were planted in 1983, now total about 2,100 acres in the Hanford-Tulare area west of Highway 99 and on the West Side of the San Joaquin Valley near Coalinga. About 1,200 acres are currently in production.

Starling expected to get a better idea of how well the male trees were synchronizing with the rest of the orchards during the third week of April, when the female clusters would be more developed and have a sort of stickiness to them.

Later in April, they will begin leaf-out sprays to feed the trees micro-nutrients, including copper, zinc and boron, and fungicides to control botrytis and botryosphaeria.

"We have a high incidence of bot-

ryosphaeria in our area, and if you don't keep on top of it, you can get behind the 8-ball and suffer some long-term damage," Starling says. "A few years ago, we had a blowup of the disease, and we've been very proactive in controlling it."

The botryosphaeria sprays are based on field history, observations and results of the BUDMON test, which detects the pathogen in buds. "We'll treat fields where the history and the tests show a high threat of the disease," he says.

Recently, Nichols Farms finished converting the last of its flood-irrigated fields to drip systems. Those systems also play a key role in keeping the trees healthy.

"The ability to apply fertilizers and water very accurately and efficiently makes drip irrigation a phenomenal management tool," Starling says. "We can go with long duration sets or, using remote controls, we can alternate between different parts of a field with short duration sets. For example, during July and August, we can use shorter irrigation times to lower humidity, which will reduce the incidence of botryosphaeria and alternaria."

About seven years ago, Nichols Farms tried some new clonal root stock developed by University of California. Starling has been impressed with its ability to tolerate cold temperatures.

In the winter of 2007, temperatures dropped to 9 degrees in several spots in one of the company's fields in the Coalinga area. "The UCB clonal rootstock handled the cold much better than other rootstocks," he says.

Most of Nichols Farms' trees are the Kerman variety. In 2007, the

company planted 45 acres of pistachios that were budded with the Golden Hills variety. In 2008, they planted an additional 460 acres. Maturing 10 to 14 days earlier than Kerman, Golden Hills offers the chance to make more productive use of the company's processing plant. "Once we start harvesting the early varieties, we can begin using our hulling facility two weeks earlier to increase production without adding capacity," Starling says. "Also, based on the few fields that have been harvested, the variety seems to be producing a good quality nut."

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The technology involves a system of reflective optics that concentrates sunlight at 650 times the intensity onto small, highly efficient solar cells.

The massive panes sit above the ground on poles. The system uses no water and doesn't create permanent shadows, SolFocus said.

The number of solar panels, wind turbines and methane digesters on farms and ranches across the country has boomed in the last decade to nearly 9,000 operations, according to the U.S. Department of Agriculture.

Nearly 8,000 of those were solar-panel installations. California farmers alone had nearly 2,000 renewable energy systems, including a fuel cell that runs on onion waste in Oxnard.

Source: latimesblogs.latimes.com

