







Use these flip cards to promote the 2025 QCWA Product of the Year and the Country Kitchens 5 key messages.

Try this activity at your next Country Kitchens showcase or QCWA event.

How to use:

- Read the question on the front of the card
- Ask participants to share their answers
- 3. Flip the card and read out the correct answer



Answer: 7-10 years to initially fruit

It can take 15-20 years for trees to reach maximum yield.

Macadamia trees can produce nuts for 40-60 years.

Macadamia trees can live for over 100 years.



Answer: ~12 nuts

The Australian Dietary
Guidelines suggest
that 30g of nuts and
seeds can be regularly
consumed as part of a
healthy diet.



Macadamia Flip Cards

Answer: True

Macadamia trees
are native to
Northern NSW and
Southeast
Queensland.

Indigenous Australians
considered the macadamia
a delicacy. Some common
names for them included:
kindal kindal, boombera,
jindill and baupal.

Macadamias
are now grown
as far north as
the Atherton
Tablelands.



Answer: False

While the US was
the first country to
commercially produce
macadamias, Australia is the
largest global producer
growing an average of
48,000 tonnes
per year.

Macadamias are also grown in South Africa, Kenya and Guatemala.

Australia exports 75% of macadamias produced.



Macadamia Flip Cards

Answer: True

Cold pressed
macadamia oil
can be applied directly
to the skin as a
lightweight moisturiser
for all skin
types.

It can also be used in hair to smooth and moisturise.

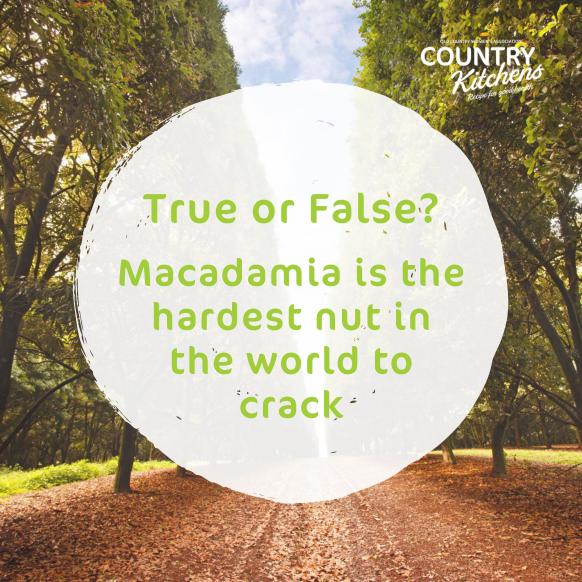


Answer: True

However, they prefer to be pollinated by a different variety of tree.

Bees are attracted to their sprays of long, delicate, sweet smelling white or pink flowers, called racemes.

Each flower strand has 100 or more individual flowers.



Macadamia Flip Cards

Answer: True

The kernel is protected by a hard woody shell that is encased in a fibrous husk.

The husk is removed within 24 hours of the nut being harvested to promote shell drying.

It can take up to 3 weeks for the shell to dry.