



QCWA Product of the Year

Macadamia

Flip Cards



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:

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

**How long
does it take for a
macadamia tree
to produce
nuts?**

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.

**How many
macadamias
make up a
serve?**

Answer:
~12 nuts

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


True or False?
Macadamia trees
are native to
Australia

**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.



True or False?
**The US is the
leading global
producer of
macadamias**

**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.

**True or False?
Macadamia oil
can be used as
part of your
beauty regime**

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.

True or False?
Macadamia trees
self-pollinate

**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.

True or False?
**Macadamia is the
hardest nut in
the world to
crack**

**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.