

MACADAMIA

Technically classified as a seed, the macadamia is also known as the **Queensland nut**, **bush nut**, **maroochi nut**, **bauple nut** or **Hawaii nut** around the world



Green husk



Dried husk



Hard, woody shell



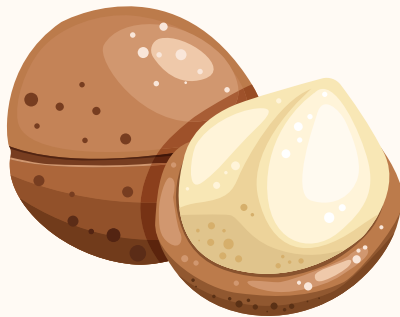
Cracked shell



Kernel



Macadamia flowers can be **pink** or **white** and have a **sweet**, honey-like **scent**



Macadamias are rich in vitamins, minerals and fibre. They are also a good source of **healthy unsaturated fats**



Macadamia nuts are **harvested** after the brown, **dried husks** fall to the ground

30 grams or **~12 nuts** is a recommended serve

15-20 years

is how long it can take for a macadamia tree to mature and produce a full crop



Macadamia nuts are best **dried** before being **cracked** and **sorted**

20-40kg is the average nut yield from one macadamia tree per year