

# EATING CHESTNUTS

## Storage Information

Store fresh chestnuts in a grocery bag for up to two months. Sweeten fresh chestnuts by leaving them at room temperature for two days (starches will convert to sugar). For longer storage, put in freezer and use immediately after thawing (else they will become mushy).

## Wormy Nuts

The worms in chestnuts are larvae of the chestnut weevil. There are two species, the lesser and greater. Very few pesticides are labeled for treatment of chestnut weevil. The best way to control their proliferation is through good sanitary practices. Every fall, be certain to collect all burs, nuts, and leaf matter from under chestnut trees and burn them. Try to collect nuts within 1 or 2 days of falling from bur (if not before).

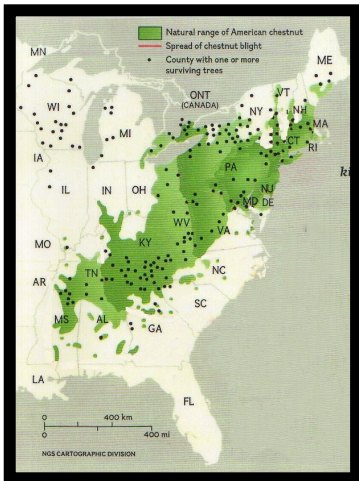
As soon as possible after harvest, treat nuts by putting them in 120°F water for 20 minutes. This process kills the egg/small larvae but does not affect the germinability of the seed. If the temperature is too low (less than 117°F), the weevil will not be killed. If it's too hot, then you kill the embryo and thus, the seed. The longevity of the seed in storage will then be compromised.

## You're Doing Some Good!

By joining The American Chestnut Foundation!



THE  
AMERICAN  
CHESTNUT  
FOUNDATION



Just prior to when the blight hit in 1904, there were an estimated 9 billion chestnut sprouts in the eastern United States, from Maine to Georgia; 25% of some forest canopies were composed of mature American chestnuts.

By 1950, the species was all but eradicated from the forest ecosystems.

Utilizing the genetic research of successful corn and soybean breeders, the concept of TACF's backcross breeding began in 1989, working to transfer the resistance of the Chinese chestnut into the American chestnut, hoping to achieve a diverse lot of progeny with blight resistance of the Asiatic species, growth and timber form of the American chestnut species, and enough diversity for the population to survive in the eastern United States in perpetuity.

Ecologically, the American chestnut is virtually the only chestnut species that can grow with good timber form and compete with other native species of the Eastern U.S. TACF is attempting to recapture the ecological and economic significance this majestic tree once had.

Find out more about the American chestnut and TACF's work!

<http://www.acf.org>

<http://www.patacf.org>

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One of chestnuts most appealing qualities is its nutritional aspect. Low in fat and calories, particularly when compared to other popular nuts, the chestnut is much like brown rice in nutritional impact.

Nut	Calories per oz.
Cashews	170
Hazelnuts	180
Macadamias	210
Peanuts	166
Pistachios	179
Walnuts	188
Chestnuts	49

**Handy Equivalents** +/-25 medium size uncooked nuts in the shell = 1 lb  
 +/- 25 medium cooked and peeled nuts = 5.5 oz

### Nutritional Content

	Fresh Chestnuts (per oz.)	Fresh Chestnuts (per 100 g)
Calories	49	170
Protein	2%	2.99g
Fat	<1%	1.01g 0.2g saturated
Carbohydrate	39%	37.2g total 6.3g fiber 4.6g sugars

### Roasted Chestnuts

**Oven:** First make a cut through the shell to prevent bursting. Then spread the nuts in a pan and bake at 375 degrees F (or roast them over charcoal) for 30 min or until the nuts are tender.

**Microwave:** To microwave your chestnuts, cut through the shell of the nuts in an "X" pattern. Cook nuts on High setting for 30 seconds. Cool, peel, eat. Vary cooking time to suit, overcooking will dry the nut and make it rubbery.

### Glazed Chestnuts – sweet and delicious!

Serves: 4  
 1/2 cup stock  
 salt and pepper  
 3/4 lb. fresh chestnuts  
 2 Tablespoons butter  
 1 Tablespoon honey or sugar

Lightly roast and peel the fresh chestnuts (refer to [chestnut cooking & storing tips](#)). In a skillet on a low heat melt the butter and stir in the honey or sugar. Add the chestnuts and sauté till they become light brown. Add stock and salt and pepper.

Serve on a bed of winter greens as an accompaniment to any meat dish.