

PECANS ARE HEALTHY!

健康美味的碧根果!

- *Pecans have the most antioxidants of any nut
- *Pecans are good for your heart and can help lower cholesterol
- *Pecans are a great source of vitamins, minerals and fiber
- *Pecans have no sodium, no cholesterol and no trans fat

- ◇ 碧根果是所有坚果中抗氧化剂含量最高的
 - ◇ 碧根果有益于心脏并降低胆固醇
 - ◇ 碧根果富含大量维生素、矿物质和纤维
 - ◇ 碧根果不含钠、胆固醇和脂肪

PECANS HAVE NATURAL ANTIOXIDANTS, which may decrease risk of cancer, heart disease and neurological diseases such as Alzheimer's. Research published in 2004 found that pecans have more antioxidant capacity than any other nut and pecans are among the top category of all foods for antioxidants.

碧根果富含天然抗氧化剂，有助于降低癌症发病率，心血管疾病以及神经性疾病如老年痴呆症。2004年发表的一篇研究论文中指出，碧根果拥有比任何坚果更多的抗氧化能力，而且是所有食物中抗氧化剂含量最多的一类品种。

PECANS ARE "HEART HEALTHY". Eating pecans on a regular basis helps lower cholesterol, partly because they contain plant sterols. 60% of the fat in pecans is monounsaturated; another 30% is polyunsaturated; that leaves very little saturated fat in pecans.

碧根果是健康心脏的补充剂，经常食用碧根果可以降低胆固醇。因为碧根果中含有植物固醇，其中60%脂肪是单不饱和脂肪，另外30%是多未饱和脂肪，这样碧根果中所含饱和脂肪几乎为零

PECANS ARE FULL OF NUTRIENTS. Pecans contain more than 19 vitamins and minerals, including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc.

碧根果营养丰富，含有19种维生素和矿物质，包括维生素A，维生素E，叶酸，钙，镁，磷，钾，多种维生素B和锌。

To see a complete nutritional analysis of pecans or to see more nutritional information and links to research studies, visit our web site:
如您想查看有关碧根果的完整营养分析或更多营养信息，请浏览我们的网站：www.tpga.org



For more information about pecans or for sources of pecans,
contact the Texas Pecan Growers Association
www.tpga.org; pecans@tpga.org

想了解更多有关碧根果的信息，请与美国德克萨斯州碧根果种植者协会
(Texas Pecan Growers Association)
联系：www.tpga.org; pecans@tpga.org

Texas Pecan Growers Association
4348 Carter Creek Parkway, Suite 101
Bryan, Texas, USA 77802
Telephone: 979-846-3285 Fax: 979-846-1752
The Texas Pecan Growers Association has over 500 members.

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协会旗下拥有500多家会员。

Texas Pecans



TEXAS PECANS

来自美国德克萨斯州的碧根果

TEXAS – is one of the leading pecan production states in the U.S. Texas produces both improved varieties and native pecans. Many different pecan varieties are grown in the state. Several of the major varieties are pictured in this publication — Pawnee, Cheyenne, Wichita and Western. But other varieties are grown commercially as well, such as Desirable, Choctaw, Kiowa and more. Native pecans are smaller than improved varieties but they have excellent taste and are perfect for use as an ingredient in baked goods, ice cream, cereal, candy, vegetables, rice, stir fry, etc.

德克萨斯州是美国最主要的碧根果生产地之一，不仅有经过改良品种的碧根果，也出产本地品种的碧根果。德克萨斯州出产的碧根果种类繁多。几大主要品种在此做一介绍，其中包括：Pawnee, Cheyenne, Wichita和Western。但其他品种的碧根果也极具种植的商业价值，例如：Desirable, Choctaw和Kiowa等。德克萨斯州本地品种的碧根果个头比改良品种小，但是口感极佳，能与各种食物完美结合如烘焙产品，冰激凌，谷物类，糖果，蔬菜，米饭及拌入其它各种食物中。

PECAN HARVEST – begins in September in South Texas but most of Texas begins harvest in October. The western region of Texas does not usually harvest until middle or late November. For the entire U.S., most of the states east of Texas begin harvest in October and those states west of Texas usually begin harvest in November. Depending on the weather and the size of the crop, most growers finish harvest by the end of December. However, it is not unusual for harvest to continue in January.

收获：在德克萨斯州南部，9月是碧根果的收获季节。不过，德克萨斯州大多数碧根果都是在10月开始收成，西部地区要到11月中下旬。整体来说，大部分德克萨斯州东部地区都是在10月进入收成期，而其他西部地区则通常在11月份。根据天气情况和产量规模，许多种植者在12月底完成收获。当然收获持续到次年1月完成也是司空见惯的。

AVAILABILITY – pecans are available all year. But, buyers who wish to buy directly from growers should plan to buy pecans during or shortly after the harvest season. A few growers put pecans in cold storage and sell throughout the year but most growers sell their inshell pecans during the harvest season and do not store their crop. After the harvest season, most of the pecan crop that has not been bought directly by end users has been purchased by commercial pecan companies, known as pecan shelling companies. These companies have large cold storage facilities and keep much of the U.S. pecan crop inventory in freezers throughout the year. The pecans are frozen inshell or as nutmeats. These companies sell to pecan users all year long. Thus, pecans are available all year from shelling companies and nut brokers.

供应：碧根果全年都能供应。但是对于那些希望直接从种植者处购买的贸易商来说，应该在收成期间或收获期刚过这段时间订购。一些种植者将碧根果冷藏储存，确保全年供应。不过大多数只在收获期出售带壳碧根果，而不予贮藏。收获季节一过，剩下那些没有直接卖给终端用户的碧根果，会被碧根果贸易公司收购。这些公司拥有大型冷藏设备，能将大量美国碧根果全年贮藏于冷库中，其中包括带壳和果仁两种。而这些坚果贸易公司能把碧根果全年供给碧根果的终端用户。

STORAGE/SHELF LIFE — With proper storage, pecans can be frozen for up to 2 years without loss of quality. It is important to ship pecans properly to maintain good quality. Refrigerated containers are best for shipping pecans overseas. However, many pecans are exported in non-refrigerated conditions without quality loss, especially during cold weather. Proper handling is important. Some shippers make it a standard practice to ship overseas in refrigerated containers during warm months (from May through September, for example). Also, some shippers request that containers of pecans going on ships be loaded below deck or below the water line where temperatures are cooler than on the deck in the sun. After pecans are received in China, it is recommended that pecans be kept in refrigerated or freezer storage. Quality deteriorates in warm conditions.

贮藏以及保质期：碧根果经过适当保存，可以冷冻储藏两年以上而不变质。恰当的运输条件对于保证碧根果的质量也是至关重要的。向海外运送碧根果时，冷冻集装箱是最好的。但是很多碧根果在出口时，都是在非冷冻条件下运输，而质量并未发生变化，尤其在天气寒冷时。适当操作也很关键。在炎热季节，如5月至9月，一些发货人会按照标准方法操作，将碧根果放于冷冻集装箱运往海外。也有些发货人要求，把装有碧根果的集装箱放置于甲板下面，或者放在水平面以下位置。温度比直接置于阳光下凉爽的多。碧根果抵达中国后，建议贮藏于冷库中。气温炎热会使碧根果变质。

SHIPPING OPTIONS — Over the past several years, many of the inshell pecans sent to China have been put in 50-pound bags at the request of the Chinese buyer. This requires an extra effort by the grower or sheller who is shipping the pecans. Most of the U.S. industry handles inshell pecans in much bigger containers, such as super sacks or boxes that hold 1,300 to 1,500 pounds (590 to 680 kg) or completely in bulk (containers that hold 45,000 to 50,000 pounds, or 20 to 22 metric tons). Pecan nutmeats (halves and pieces) are typically packaged, stored and shipped in 30-pound (13.6 kg) boxes.

运输条件：过去几年，根据中国购买者要求，许多运往中国的带壳碧根果，一直是50磅的包装规格。这就要求运输碧根果的种植者额外小心。大多数美国企业将带壳碧根果放入大包装，例如装入容量为1,300到1,500磅（590-680公斤）的大盒子或麻布袋里，或者完全散装（容量在45,000-50,000磅，或20-22公吨的集装箱）。碧根果果仁(对半或碎粒)都是有包装的，以容量为30磅（13.6公斤）箱子包装托运。

INSHELL OR NUT MEATS? — Pecans are a healthy, great tasting snack food and many of the pecans exported to China over the past few years have been shipped inshell and then sold to Chinese consumers as a cracked and flavored nut for snacking. Pecans taste great as a raw or plain, roasted product but they are also compatible with many flavors, from sweet to salty. Pecan meats are available as halves or as pieces. Buyers might want to consider buying nut meats rather than inshell if the nuts are to be used as an ingredient or if the product is to be sold in China as a shelled product rather than an inshell product. Shipping costs would be significantly lower for nut meats than for inshell pecans.

带壳碧根果或果仁：碧根果是健康美味的小食，过去几年出口到中国，都是带壳的碧根果。随后经过碎壳处理或增加一些口味等加工，作为一种小食提供给中国消费者。味道极佳的碧根果，无论是原味，或经过烘烤，也适合添加各种口味，甜咸兼可。碧根果果仁有半颗状和颗粒状。如果果仁用作配料或把碧根果在中国去壳后销售，那么采购商应考虑购买果仁而非带壳碧根果。相比带壳碧根果，果仁的运输费便宜很多。

ALTERNATE BEARING — The pecan is an alternate-bearing crop, meaning that usually a big U.S. crop, such as 2009/2010, will be followed by a smaller crop in 2010/2011. However, cold storage supplies plus pecans bought from Mexico help keep the supply of pecans fairly stable. The Chinese interest in pecans for the past couple of years has increased demand. Pecans are a free-market commodity, with no government subsidies, and prices are determined yearly by supply and demand.

更替种植：碧根果是种需要更替种植的作物，意思是说2009/2010年是丰收年，2010/2011年的产量就会减少。冷藏加上从墨西哥采购的碧根果足以确保其稳定供应。过去几年中国消费者对碧根果的喜爱使其需求量不断增长。碧根果是自由贸易的商品，没有任何政府补贴，价格也随每年供需变动。

QUALITY — Typically, there is more variation in quality when buying inshell pecans than when buying nut meats. That is because the shelling process separates most defective nut meats from the top quality nut meats. Growers do have a process for sampling and grading their inshell pecans in order to tell buyers the approximate percentage of top quality or number one grade pecans, number two grade pecans and inedible pecans. The nut size and kernel percentage of any particular variety of pecans can vary from year to year, depending on weather conditions and orchard management.

质量：带壳碧根果质量差异比果仁更加明显。因为去壳过程中，顶级果仁和劣质果仁已经区分开。种植者需将带壳碧根果分等级，告知购买者顶级，优质，次级以及不适宜食用之碧根果所占比例。根据天气条件和果园经营差异，任何品种的碧根果及果仁大小都会有所变化。

Pawnee

Average Meat Yield (or kernel %): 56 - 58 %
Average Nuts per Pound: 44 - 50



Pawnee

平均果仁量 (或核仁 %): 56 - 58 %
平均果粒 (每磅) : 44 - 50粒

Cheyenne

Average Meat Yield (or kernel %): 56 - 58 %
Average Nuts per Pound: 48 - 55



Cheyenne

平均果仁量 (或核仁 %): 56 - 58 %
平均果粒 (每磅) : 48 - 55粒

Wichita

Average Meat Yield (or kernel %): 58 - 60 %
Average Nuts per Pound: 45 - 60



Wichita

平均果仁量 (或核仁 %): 58 - 60 %
平均果粒 (每磅) : 45 - 60粒

Western Schley

(also known as Western)
Average Meat Yield (or kernel %): 55 - 59 %
Average Nuts per Pound: 53 - 75



Western Schley (也称 Western)

平均果仁量 (或核仁 %): 55 - 59 %
平均果粒 (每磅) : 53 - 75粒