



## TREE FACTS

Black walnut (*Juglans nigra*) is a **perennial, stone fruit tree** native to Eastern North America, commonly found in riparian zones (area between water and land). Technically the walnut produces a fruit called a “drupe” and is not a true nut! The **drupes are harvested in the fall**, de-hulled and dried to allow the nut meat to cure for consumption. This tree can grow very large, eventually reaching over 100 ft. in height and 6 ft. in diameter. The black walnut is a member of the **Juglandaceae** family. Careful consideration should be made before planting or growing around this tree as it is **allelopathic, suppressing growth of many other plant species by releasing a chemical called juglone**. The black walnut contains the highest concentration of juglone in the nut hulls, roots, and leaves and is **commonly used as an herbicide**. This tree has numerous uses, such as: nutritional, medicinal, dye, structural/decorative, antibacterial, and herbicidal.

## SEASONAL CARE

The black walnut tree grows well between zones 5a-9a. Commonly found natively near water, these **trees prefer deep rich soil**, moist yet well drained. Black Walnut is **self-fertile**, but **puts on a better fruit set with two trees**. It is generally easy to grow with little attention needed.

**WINTER/SPRING:** Pruning is generally not necessary. Compost or organic fertilizer can be added in the Spring to maximize nut production.

**SUMMER:** The first year, a Black Walnut tree should be irrigated every week with 3-5 gallons of water. Once established, the tree generally only needs watering during severe drought.

**FALL:** Fruit is generally harvested from the ground, de-hulled and allowed to dry for a few weeks before cracking the nut and consuming/storing the nut meat.

## NUTRITIONAL BENEFITS

Black walnuts are packed with nutrients and are considered a superfood. **They contain one of the highest protein contents of any nut (7 grams per serving), as well as high levels of Manganese, Omega-3, antioxidants and other nutrients**. The nutritional content supports metabolism and bone structure, and can help protect against cardiovascular disease, diabetes, and certain neurodegenerative conditions.

## GROWING BLACK WALNUTS

As previously noted, **black walnuts are toxic to a variety of plants** and research should be done prior to planting to understand the effects that Black walnut will have in that area. Black walnuts are **best propagated by seed, collecting the fruit in the fall de-hulling and immediately placing 5-6 whole nuts, 5-6” in the ground**. Protect the nuts from animals, by placing chicken wire or cloth over the nuts and securing to the ground. Cover with leaves/mulch and be sure to properly label location. In the spring remove the protective cover and water the sapling every week with 3-5 gallons of water.

