



# MEYRO'S PISTACHIO



# CHEER UP & HAPPY PISTACHIO!

The one-stop shop of **Benefit** and Taste!

The English name pistachio is derived from “**Pisteh**”, which is a Persian name. Also known as the green almond. Pistachio nuts are intertwined with Iranian culture and are actually present in all facets of Iranian life.

Iranian pistachios offer various advantages that set them apart from other types of pistachio in the world. Higher meat content offers better value for money. Iranian pistachios have a world-famous taste that is unrivalled.

This taste advantage is enhanced by roasting Iranian pistachios at higher temperatures, made possible by higher unsaturated oil content. This high temperature roasting eliminates any bacterial contamination, which may be present in raw product.

Iranian pistachios include many local name and each name represent a region shape or quality type. However in term of shapes there are in four main groups. Long , Jumbo, Round and Kernel Pistachio and green skinned pistachios.



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- **Long Pistachios** (Akbari, Momtaz, Badami and Ahmad-Aghaei)
- **Jumbo Pistachios** (Kale Qouchi)
- **Round Pistachios** (Fandoghi)
- **Kernel Pistachio and green skinned pistachios**

There is no doubt that Iranian pistachio has the best taste and maximum nutrition. The special climate of Kerman province is the only best place for growing pistachios. Iran exports 150,000 to 200,000 tons of pistachios annually. This is while the global demand for Iranian pistachios can even reach a few million tons. Presently Iran accounts for more than 50 percent of global pistachio production.



# MEYRO'S Long Pistachios

The most famous local brands of Iranian long pistachio are as the follow:



1. **Akbari:** This type is the highest economic value. Its fruits are large and almond shaped. It can be harvested in late September. This is a newer variety with good yield and with long, large nuts.
2. **Momtaz:** The fruit of this nut is almond shaped. It is very delicious compared to other types of pistachios. It can be harvested in late September.
3. **Badami:** This nut is generally small. It mainly grows in gardens of Zarand, Kerman. It can be harvested in early summer.
4. **Ahmad Aghaei:** This nut is rather large and its fruit is almond shaped. It can be harvested in late September. The newest commercial variety, very popular with the farmers, because of high yield and its shorter time to reach production. It is very popular in some markets like India and Greece. Production of this variety is increasing. It also has the whitest shell hue among the four.

Available sizes of Iranian Long Pistachio are 20/22, 22/24 and 24/26, with 18/20 also available in small quantities. Pistachio size unit is the number of nuts in one Once.

## MEYRO'S Jumbo Pistachios



**Kaleh Qouchi:** This nut is famous for being large. It is sensitive to shortage of water and its leaves are complex. This type of nut is vulnerable to cold weather in spring. It can be harvested in mid September.

On the whole Kalleh Ghouchi is not being budded anymore and production is from existing trees. Although commercially quite successful, Kalleh Ghouchi trees showed a steep drop in growth and production as they grew older than 40 years old. It is expected that the production would slowly decline.

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## MEYRO'S Round Pistachios

**Fandoghi:** This cultivar is the most widely available pistachio variety and grows in most pistachio growing areas of Iran. Fandoghi is of round type and has the lowest shape index among the four cultivars. In recent years, around 50% of Iranian production is of the Fandoghi type. The reason is its limited yield, the new orchards are seldom planted with this variety.

It comes in the following sizes 28/30, 30/32 and 32/34 nuts per ounce. Size 26/28 is also available in small quantities.





# Kernel Pistachio and Green Skinned Pistachios

This type of pistachio has totally green colour which is used in food industrial. Commonly use to colour and flavour the ice cream, chocolate or cake.



## Other usage of Pistachios

### Usages of the pistachio shells

The empty pistachio shells are useful for recycling in several ways. Practical uses include as a fire starter, just as kindling would be used with crumpled paper; to line the bottom of pots containing houseplants, for drainage and retention of soil for up to two years; as a mulch for shrubs and plants that require acid soils; as a medium for orchids; and as an addition to a compost pile designed for wood items that take longer to decompose than leafy materials, taking up to a year for pistachio shells to decompose unless soil is added to the mix. Shells from salted pistachios can also be placed around the base of plants to deter slugs and snails. Many craft uses for the shells include holiday tree ornaments, jewelry, mosaics, and rattles. Research indicates that pistachio shells may be helpful in cleaning up pollution created by mercury emissions.

### Usages of the green skin

In traditional dying fabric in Iran. One of the most useful material is the green skin of pistachio. It also used by many Iranian ranchers as a rich supplement food for animals.

# Pistachio Benefits

**Healthy Heart:** One of the biggest health benefits of pistachios is that they are heart-friendly nuts. Research on pistachios suggests that regular pistachio consumption can decrease the levels of bad LDL cholesterol in the body. The antioxidants, phytosterols, unsaturated fatty acids (both polyunsaturated and monounsaturated fatty acids) are great for promoting a healthy heart.

**Weight Management:** Pistachios are also the first choice for people who are dieting. Evidence suggests that pistachios, with their lower calories, high protein, low saturated fat, and high unsaturated fats, are an ideal contender as compared to other nuts and dried fruits for ideal weight management.

**Antioxidant Properties:** Even the shells of pistachios are found to contain a considerable amount of antioxidants. Antioxidants neutralize the free radicals that form in the body after cellular metabolism and can cause conditions like cancer and heart disease.

**Defence Against Diabetes:** One of the final health benefits of pistachios is that they function in controlling diabetes. In people suffering from diabetes, the sugars form inappropriate bonds with proteins and make them unusable. This process is known as glycation. The antioxidants present in pistachios help in reducing the process of glycation and thus can help in controlling diabetes.

**Absorption of iron:** Pistachios have a high copper content, which helps in the higher absorption of iron into the body from food sources. This can help combat conditions like anemia.





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