



# Nut Match



## Facts

- ❏ Walnut trees can take 15 years before producing their first nuts.
- ❏ Hazelnuts are also known as Filberts.
- ❏ Frangipane is the name of a rich almond pastry cream used in pastries and cakes.
- ❏ Macadamia nuts are native to Australia and were named after John Macadam, a Scottish-born physician and chemist.

At FreshLife® everything happens naturally. Our passion means our dried fruit, nuts & seeds are carefully picked from the very best growers in Australia and beyond.