

New Zealand Walnuts Please

New Zealand walnuts are a tasty healthy [superfood](#)

- [Find great walnut recipes right here](#)
- [Healthy nourishment for us and for the earth](#)
- [All about our walnut growers' group](#)

Walnut Quiz

Good Taste?

Why do some walnuts taste so good?

Good Taste = Fresh

Fresh walnuts taste good, they're grown right here in New Zealand. Some are even the unique N Z varieties, Rex and Meyric, found nowhere else in the world.

[See our Recipes](#)

Bad Taste?

Why do some walnuts taste so bad?

Bad Taste = Old

Old walnuts taste bad! Some imported walnuts sold in New Zealand can be 2 years old. They taste bad because they're rancid, and the shopkeeper hasn't even noticed!!!

[Find out who grows fresh nuts](#)

Walnut Topics





Food From Trees