

***Juglans regia* L.**  
Family: Juglandaceae

Although commonly known as English walnut or Persian walnut the plant is widely distributed in the Himalayan states of India. Walnut kernels are very popular as dry fruit across India and abroad alike. The nut is culturally well-embedded in the dietary habit of the hill communities of Uttarakhand, Himachal Pradesh, West Bengal, Assam, and Manipur. The kernels are rich in omega-6 and omega-3 polyunsaturated fatty acids (PUFA). Besides, phytosterols, which help in lowering total plasma cholesterol and low density lipoprotein, are also present. Studies also unearthed the presence of many essential minerals (calcium, iron, magnesium, sodium), vitamins (A, C, E and K), and proteins. Walnut is classified as an important species for human nutrition owing to high protein and oil contents and made its entry into the FAO list of priority plants. Though the traditional recipes of walnut are yet to seep into the Indian kitchens, several attempted the use of walnuts in laddus (the nut is mixed with dates and other dry fruits and made into balls with ghee), but short shelf life of the delicacies remained a major problem. The use of the nuts in place of other popular nuts like peanut or cashew is not yet explored perhaps due to limited production. But the nuts are trending well in online stores and supermarkets as the culture of consumption of raw and processed nuts shooting up rapidly.

