



**OREGON  
DEPARTMENT OF  
AGRICULTURE**



## **INTRODUCING... OREGON HAZELNUTS**

Oregon stands out in the country for its production of hazelnuts. Nestled between the Cascade Mountains and Pacific Ocean, Oregon's Willamette Valley boasts fertile soils rich in volcanic ash, abundant rainfall and a temperate climate, which creates the unique growing region for these healthy and delicious nuts. Thus, more than 99% of U.S. hazelnuts come from Oregon, placing hazelnuts among the top ten agriculture commodities for the state.

### **EXPERTISE IN HAZELNUT PRODUCTION**

Hazelnut orchards require deep knowledge and long experience to effectively maintain the health of trees and optimize hazelnut production. After the first hazelnut tree was planted in Oregon in 1858, and first orchard in 1903, acreage has expanded to satisfy the increasing demand for hazelnuts. Since 2010, the number of acres dedicated to growing hazelnuts has expanded, resulting in triple the volume of hazelnuts harvested each fall. Now, nearly 100,000 acres in Oregon are dedicated to hazelnuts.

### **NUTRITION**

Hazelnuts contain a high amount of proanthocyanidins, anti-inflammatory compounds associated with a reduced risk of cancer. Among all nuts, hazelnuts stand out with the most folate, which has been shown to help reduce risk of cardiovascular disease and depression. Hazelnuts also contain some of the highest levels of Vitamin E and monounsaturated fat among all tree nuts. These nuts are also high in dietary fiber, manganese and copper.



**Special hazelnut varieties developed for Oregon's climate produce larger and sweeter kernels. The flavor balance and premium quality make these hazelnuts popular with confectioners, snack manufacturers, chefs, and food service companies.**

## PROCESSING

Oregon is home to several hazelnut processors. Hazelnuts separate from their husks and fall naturally to the orchard floor – no shaking required. Growers sweep them from the orchard floor and take them through a multistage process to wash, sort and grade the hazelnuts. The hazelnuts are sorted by overall size and quality. Oregon processors adhere to a strict grading process to ensure customers only receive top-quality hazelnuts.

Hazelnuts are sold wholesale as in-shell, whole kernels, diced, and sliced. They are also further processed to provide hazelnut meal, gluten-free flour, oil, paste, and butter. Oregon hazelnuts are sold retail as roasted, seasoned, candied, oil, and more.



## CLIMATE-SMART AND STEWARDSHIP

Oregon's hazelnut orchards provide not only delicious, healthy nuts, but also a great example of climate smart agriculture. These beautiful orchards with their large canopies and large root systems are active throughout most of the year providing carbon sequestration and fixation. In addition, hazelnut orchards are not tilled and with their perennial root systems allow little nitrogen leaching, resulting in lessening carbon emissions. In keeping with the United Nations Climate-Smart Agriculture objectives, Oregon's hazelnut industry works closely with researchers to develop new varieties of hazelnut trees that provide higher yields of quality nuts and are adapted to the changing growing environment of Oregon.

Oregon's hazelnut industry closely monitors responsible stewardship over growing and harvesting conditions plus processing practices to ensure these orchards last for generations to come. To do so, the Oregon Hazelnut Stewardship Program was developed to monitor and actively engage farmers in best-practices for their orchards. The program ensures the vitality of the orchards' soil, underscoring the importance of Oregon's hazelnut industry for environmental and agricultural sustainability.

### Learn More

Oregon Hazelnuts:  
[oregonhazelnuts.org/](https://oregonhazelnuts.org/)

### Agricultural Development & Marketing Program



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