

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

Background to walnut growing in New Zealand

Walnuts are now a commercial crop in New Zealand but up until recent years they were more of a private use kind of tree. However beginning in the early 1970's many enthusiasts became interested in them through the Tree Crops Association and the idea of growing walnuts for an income took hold. The New Zealand Walnut Industry Group is a result of dedication to this environmentally sensitive way of producing food. We have a membership of about 80 people, mostly in Canterbury but also in other parts of New Zealand as well. Our largest grower now supplies approximately 40 tonnes per year. Walnut growing in New Zealand has certainly moved on from its humble beginnings.

Walnut Varieties

The pioneers of the industry put a lot of effort into finding and testing local walnut trees that would produce well in our environment. Our two main commercial varieties, Rex and Meyric were chosen and are unique to New Zealand. Both have a fresh sweeter taste than many other walnut varieties. Contact details of retail outlets for walnuts can be [found here](#)