

# PECAN



The pecan is a nut. They grow on trees in Oklahoma. Pecans are good for you. They have vitamins which help your body grow.

The name "pecan" is a Native American word. There are over 1,000 kinds of pecans. Many are named for Native American Indian tribes.

Pecan trees grow together in groups, or groves. They can grow from 70 to 100 feet tall. Their roots grow deep.



Pecan wood is used to make baseball bats.



## Candied Pecans

- 1/2 cup granulated sugar
- 1/2 cup light brown sugar
- 1 Tablespoon ground cinnamon
- 1 teaspoon salt
- 16 ounces unsalted pecan halves about 4 cups
- 1 egg white
- 1/2 teaspoon vanilla extract
- 1 teaspoon water



Preheat oven to 300° F. Line a large baking sheet with a baking mat or parchment paper and set aside. In a small mixing bowl, add sugars, cinnamon, and salt. Whisk until combined. Set aside. In a large mixing bowl, whisk the egg white, vanilla, and water together until frothy. Add in the pecans and gently mix until the pecans are well coated. Add the sugar and cinnamon mixture and toss until pecans are covered. Spread the pecans out in a single layer on prepared baking sheet. Bake for about 40 minutes, stirring every 10 minutes. The sugar mixture will harden on the pecans. Remove from the oven and let the pecans cool on the baking sheet.



Follow the QR code to see a pecan harvest!



All pecan shells are not the same. They are many colors. Some are big. Some are small. Some shells are thick and some are thin. They do not look like other nuts.



Do you look just like your classmates? \_\_\_\_\_  
Circle your answers below.  
Compare to a classmate.

**Your Hair Color:**    brown    red    blonde    black

**Your Eye Color:**    green    blue    brown    hazel



Add pecans to your tree with brown fingerprint.

Color your pecan tree.

Draw yourself in the picture. Add a person or pet who is special to you.

