



PECAN



The pecan is a kind of hickory nut native to the United States. Pecans are high in polyunsaturated fat. This kind of fat is not bad for you. They are also a good source of vitamins. Pecans also have calcium, phosphorus, and iron.

The name "pecan" is a Native American word. It was used to describe "all nuts requiring a stone to crack." There are over 1,000 varieties of pecans. Many are named for Native American Indian tribes, including Cheyenne, Mohawk, Sioux, Choctaw, and Shawnee.



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

The Oklahoma state meal includes pecan pie.



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.

How do you say pecan??

Put a "x" beside the pronunciation you use.

_____ puh-KAHN

_____ PEE-kahn

_____ PEE-can

Take a survey in your class and see how your classmates pronounce pecan. Put the number of classmates in the blank beside each pronunciation below.

_____ puh-KAHN

_____ PEE-kahn

_____ PEE-can

Use your results to finish the graph below.

Number
of
students

25

20

15

10

5

puh-KAHN

PEE-kahn

PEE-can



Scan the QR
code to see how
pecans grow.

Pecan Grove



Unripe Pecans



Harvesting Pecans



Pecans with shells removed

