

Subsector Analysis

Cashew - The Wonder Nut

Cashew (*Anacardium occidentale*), a native of Brazil, was introduced in India during the later half of the 16th Century for the purpose of afforestation and soil conservation. From its humble beginning as a crop intended to check soil erosion, cashew has emerged as a major foreign exchange earner next only to tea and coffee. It is a tropical evergreen plant, belonging to the family of Anacardiaceae, known for its seeds that are consumed worldwide. This plant is actually a small to medium sized tree with a single trunk and thick leaves. The sweet flavored nut like seeds is obtained from the bottom of the false fruit of this tree, which is termed as cashew apples. The outer covering of the seeds are toxic and is hence removed before consuming the seed. These kidney shaped kernels are of different grades, sizes and colors. Cashew Kernel which is highly delicious, has become a much sought after produce. Among various nuts such as hazelnuts, almonds, etc., cashew nut enjoys an unenviable.



Cashew is largely consumed as a dry fruit or an ingredient in different cuisines of different cultures of the world. It is also used in the grounded form that is called cashew butter. This seed has a high level of oil content in it and that is why some industrial uses have as well. The oil is required for two main purposes i.e. used in brake linings as a friction particle and also as a major constituent in phenalkamine that is used as a floor coating material.



At present, cashew is cultivated in abundance in areas having a sufficiently warm and humid climate. The cashew plantations are spread across almost 32 countries of the world. Total area under cultivation across the globe is about 33,900 km². The average yield of the cashew crop across the globe is approximately 916 kg/hectare of land

Countries like India, Brazil, Vietnam and Nigeria boast of more than 90% of the cashew crops collectively. Kollam in Kerala, India itself produces around 4,000 tonnes of cashews per annum. A few of the most prominent trading centres of cashew in India are Palasa, Kollam, Mangalore and Kochi.

The Cashew Tree

The cashew trees appear more like bushes than trees because of their small stature. They are evergreen trees, with an average height of not above 30 feet. The limbs of the tree spread fast and strike the ground to re-root themselves. The trunk of the tree is often short and irregular in shape, giving it an extremely different look. The cashew trees grow abundantly in the tropics and are extensively found near the



equator, as they flourish in extreme heat.

The Cashew Apple

The cashew apple is a pear shaped fruit that appears to be the actual fruit of the tree, but it is in fact the pseudo or the false fruit that develops from the cashew flower. It ripens into a yellow and/or red colour and is about 5-11 cms in length. This fruit can be consumed and has a strong sweet smell and is sweet to taste. Though the pulp of the cashew apple is extremely juicy, its skin is extremely delicate and therefore it makes its transportation extremely difficult. While the cashew nut is so popular, the cashew apple is not equally relished, though, the people of Brazil and the Caribbean consider it to be a delicacy.

Cashew Nut

Cashew Nut is a nut, which is a popular snacks due to its exquisite and distinctive sweetness and crispiness. The nut can be easily found in the markets throughout the year for consumption. These nuts are in the shape of a kidney and adhere to the bottom of the cashew apple, the fruit of the cashew tree, which is found in abundance in the coastal region of Brazil.



The fruit of the cashew is a seed. The seed is surrounded by a double shell comprising of a phenolic resin called urushiol, which is a skin irritant toxin. This caustic resin is also referred to as the cashew balm, which must be carefully removed. This resin is used in various industries to make varnishes and insecticides. Some of the other names for the cashew nut include caju, cajueiro, cashu, casho, acajuiba, paruppu, pomme cajou, pajuil, etc.

As far as the nutritional composition of the cashews goes, they are an excellent source of monounsaturated fats, copper, magnesium and phosphorous. They are high in fat content, but the fats contained in them are good fats and are essential for the body. Cashew nuts are available in the market in a number of flavours. Roasted, salted, honey coated, sugar coated, plain, etc, are some of the flavours available in cashew nuts.

Cashew nuts are a delicacy and are savoured on their own and are also a good option for garnishing. Roasted "cajus" are often sprinkled on salads, rice, etc. to make them more alluring to the taste buds. Its paste can be used to make some mouth-watering dips and bread spreads. cashew butter is relished world over for its creamy taste.

Production

Areas of Production

Cashew is grown in the western and eastern coastal areas and further inland in some parts of Karnataka and Madhya Pradesh. Currently, the area under cashew is around 634,900 ha with a total production of 417,000 tonnes. With 118,000 ha and a production of 140,000 tons, Kerala accounts for 18.6 % of the area and 33.5 % of production respectively. The highest productivity is observed in Kerala and Maharashtra with over one ton per ha. The high yields in Maharashtra are primarily due to the fact that cashew production is of recent origin and the major part of the plantations have been established with high yielding clonal material. The major states in India in which cashew is cultivated are ie Kerala ,Karnataka ,Goa ,Maharashtra ,Tamil Nadu ,Andhra Pradesh ,Orissa ,West Bengal .However Maharashtra leads the list above with an annual

production of 174000 ons and also has the maximum area covered i.e. 160000 hectares. The country's average annual yield per hectare is 810 kilograms.

Area, Production and Productivity of Cashew in India

States	Area (ha)	National Area %	Production (tons)	National Prod. %	Productivity (kg/ha)
Kerala	118,600	18.6	140,000	33.5	1,180
Karnataka	83,900	13.2	37,600	8.9	448
Goa	49,600	7.8	17,800	4.3	359
Maharashtra	66,700	10.5	69,000	16.5	1,034
Tamil Nadu	77,360	12.2	30,930	7.4	400
Andhra Pradesh	118,080	18.6	71,700	17.2	607
Orissa	101,850	16.0	43,000	10.3	422

Cultivation pattern

Cashew is a plant that depends on tropical climate to prosper. Rain is also a significant factor, which affects the growth of the crop and that is why an appropriate level of rainfall is required. The plant has a vast root system that makes it a drought resistant crop. The soil type that suits the plant is poor sandy type of soil. The fact that the plants have deep complex root system suggests that the soil should be a properly drained one. Cold temperatures also affect the crop negatively. Cashew plant begins to bear nuts after 3 to 5 years of plantation.

In India, cashew is mostly planted in the months of June, July and August before the onset of the monsoon as it is considered to be the ideal time for the cashew seeds to be sown. The nuts require around 8 to 10 weeks developing and becoming mature. The cashew apple and the cashew nut shed off themselves when they reach the stage of maturity. The nuts are manually collected by hand from the ground and the apples still on trees are hand picked. Great care is needed in the post harvest period until the cashews are processed. Cashew cultivation is taken up in small and marginal holdings and as more than 70% of the cashew area is under this category, cashew plays an important role in the development of small and marginal farmers

West Bengal	8,680	1.4	6,960	1.7	802
-------------	-------	-----	-------	-----	-----

Soil

The general notion is that "cashew is very modest in its soil requirements and can adapt itself to

varying soil conditions without impairing productivity". But cashew performs much better on good soils than on poor soils. The best soils for cashew are deep, friable well drained sandy loams without a hard pan. Cashew also thrives on pure sandy soils although mineral deficiencies are more likely to occur. Water stagnation and flooding are not congenial for cashew.

Climate

Cashew is a tropical plant and thrives at high temperatures. Young plants are sensitive to frost. Areas where the temperatures range from 20 to 30 degree Celsius with an annual precipitation of 1000 - 2000 mm are ideal for cashew growing. Heavy rainfall, evenly distributed throughout the year, is not favourable though the trees may grow and some times set fruit. It needs a climate with a well defined dry season of at least four months to produce the best yields. Coincidence of excessive rainfall and high relative humidity with flowering may result in flower/fruit drop and heavy incidence of fungal disease. Cashew is regarded as "essentially coastal tree" but that is not true. It also grows well at considerable distance from the coast.

Varieties

The research programmes in the field of crop improvement have identified elite materials with yield potential ranging between 20-25 kg per tree. Several varieties have been released by the different co-ordinating centres of ICAR. All the Agricultural Universities and Research Centres have established bud wood bank with the released varieties of respective centres, for further multiplication and distribution. Some important varieties are :

BPP-1: High percentage of perfect flower, 13.2%, fruit set high, yield 17 kg (25 year old plant) per plant, shelling, 27.5% nuts of 5g average weight.

BPP-2: Yield 19 kg/tree (25 years), shelling 26%, nuts 4g average.

BPP-3, 4, 5: are also other good varieties.

Vengurla-1: Average yield 23 kg/plant at 28 year's age, nut weight 6g, shelling 31%.

Vengurla-2: Yield 24 kg/plant at 20 year's age, nut weight 4 g, shelling 32%.

Vengurla-3: Nut weight 9 g.

Vengurla-4, 5, VRI-1, 2, Ullal-1, 2, Anakkayam-1, BLA 39-4, K-22-1, NDR 2-1.

K-22-1 and NDR 2-1 are good export varieties.

Preparation of Land

It is better to select the land having good drainage and devoid of sub-surface hard rock or hard pan, for successful cultivation of cashew. The land should be ploughed thoroughly and levelled in case of agricultural lands. In case of forest lands, the jungle should be cleared well in advance and the debris burnt. After clearing the jungles, land is to be terraced or bunds constructed in sloppy land. Pits of 1 m³ are to be dug and allowed to wither.

Planting material

Cashew is a cross pollinated crop and exhibits wide variations in respect of nut, apple and yield of seedling progenies. Therefore, vegetative propagation has been advocated to mitigate this problem. Air-layering has been quite successful but survival percentage seems to be low and it has been reported that the plantations raised from air-layers are more susceptible to drought and the life of such plantation is shorter as compared to that of grafted or seeding ones. The anchorage has also been observed to be poor, especially in cyclone prone areas. Numbers of other methods

of propagation such as budding and grafting have been found successful with varying degrees of success. Epicotyl grafting and softwood grafting are found to be successful because it is easy to produce large number of grafts in a short time. The percentage of field establishment is also reported to be high with these grafts. Adequate thrust has been given to produce enough planting materials through these standardised techniques, by the ICAR (through the National Research Centre for Cashew, its sub-stations, Agricultural Universities and State Departments of Horticulture/Agriculture), to meet the growing demand.

Layout and Planting

Cashew trees are generally planted with a spacing of 7 to 9 meters usually by the square system. It is, however, preferable to plant by the equilateral triangular system, especially on the slopes, as this accommodates 15% more plants without affecting the growth and development of the trees. In undulating areas they are preferably planted along the contours, with cradle pits or trenches provided at requisite spacing in a staggered manner to arrest soil erosion and help moisture conservation.

The grafted plants obtained from the superior mother plant are usually planted after filling the pits (1 m³ size) with top soil and Farm Yard Manure at the onset of monsoon. It is desirable to dig the pits well in advance and allow sufficient time for withering. Burning of the debris and forest wastes inside the pits before planting is advantageous. It is essential to provide stakes and temporary shade with the locally available materials wherever necessary (especially in the South West aspects in case of forest plantation) to reduce the mortality rate and achieve quicker establishment. If the monsoon rains are inadequate, one or two pot watering can be done during the initial stages to ensure establishment. Mulching with black polythene is beneficial to increase the growth and yield of cashew.

Manuring

The nutritional requirements of are given below :

Recommended Doses of NPK Fertilizer for Cashew (g/plant)

Year	Urea (gm)	Rock Phosphate (gm)	Muriate of Potash
1	330	200	70
2	660	400	140
3 onwards	1,100	625	208

In sandy and laterite soils, soils of sloppy land and in heavy rainfall zones, the fertilizer application should be done in a circular trench of 25 cm broad and 15 cm depth at 1.5m from the tree trunk. Circular band application in an area of 1.5 m width between 1.5m and 3.0m from the trunk, and incorporation in to the soil should be practised in red loamy soils in low rainfall zones. The fertilizer should be applied in two split doses in pre and post-monsoon period. However, if single application is to be done, it should be in post-monsoon season where adequate soil moisture is available.

Weeding

Timings of weeding are very important to minimise the cost. Slashing the weeds with the

advancement of dry season is hardly beneficial. Like wise deep digging during or just at the end of monsoon is detrimental, as it may lead to soil erosion especially in sloppy lands or formation of hard pan after the monsoon is over. Weeding with a light digging should preferably be done before the end of rainy season. Hoeing, cutting the weeds off underground is more effective than slashing.

Inter-cropping

Considering the long pre-bearing period and low income in the early period of bearing and fluctuations in the yield and price from year to year it is recommended to take up inter-cropping in cashew plantations. Inter crops which can replace weeds and as such would not compete for light, moisture and nutrients with cashew may be taken up. Inter-crops which can be harvested very early in the dry season or at the end of rainy season are very suitable. Tall growing inter crops like certain varieties of sorghum and millet should not be encouraged between young cashew, as they provide too much shade. Leguminous crops such as groundnuts and beans are very suitable for inter cropping. Besides the annual crops, the arid zone fruit crops having less canopy especially anona, phalsa, etc., can be thought of, depending on the suitability.

Top working

Better management practices no doubt will increase the yields marginally but boosting cashew production 3-4 folds in a short span of time is perhaps possible only by "genetic transformation" of the existing plantations with high yielding varieties. It is reported that this genetic transformation can be effected through top working. The rejuvenation of unthrifty cashew plantations through top working involves beheading of trees, allowing juvenile shoots to start-out and taking up of in-situ grafting using procured scions of high yielding varieties. Periods from November to March and February to June have been found to be ideal for beheading and in-situ grafting respectively. It has been observed that the top worked trees within a period of two years have not only put forth a canopy of 3-4 m in diameter and 5-6 m in height (as that of 8-10 year old trees) but also have given an yield of 3 to 5 kg nuts per tree in their first bearing itself.

Pests and Diseases

Pests

It is observed that there are about 30 species of insects infesting cashew. Out of these tea mosquito, flower thrips and stem and root borer and fruit and nut borer are the major pests, which are reported to cause around 30% loss to the yield.

Tea Mosquito

The nymphs and the adults of tea mosquito (*Helopeltis* spp.) suck sap on the tender leaves, shoots and inflorescence and even young nuts and apples. The saliva of the insect is very toxic, which causes blistering at the site of infestation. Severe attack on the young shoots cause dieback. Attacked inflorescence usually can be recognised from a distance by their scorched appearance. Tea mosquito population builds up during the beginning of the rainy season, when the cashew tree is full of new flush.

Tea mosquito can be controlled by spraying carbaryl 0.1% or phosalone 0.07% or endosulfan 0.05% or dimethoate 0.05%. Spraying should be done thrice, first at the time of flushing, second at early flowering and third given at the time of fruit set.

Thrips

Both nymphs and adults suck and scrape at the underside of the leaves, mainly along main veins, causing yellowish patches, latter turning grey, giving the leaves a silvery appearance. These thrips are more active during the dry season. 0.05% monocrotophos or 0.1% carbaryl are very effective for controlling thrips.

Stem and Root Borers

The young white grubs bore into the fresh tissues of the bark of the trunk and roots and feed on the subsequent subepidermal tissues and make tunnels in irregular directions. Due to severe damage to the vascular tissue the sap flow is arrested and the stem is weakened. The characteristics symptoms of damage include the presence of small holes, in the collar region, gummosis, yellowing and shedding of the leaves and drying of the twigs.

Control: Complete control of this pest once the plant is infested is very difficult. However, prophylactic measures for its control can be adopted with 0.1% BHC swabbing twice a year, once in April-May and the second application during November.

Fruit and nut Borers

The young caterpillar bores through the apple and nut causing deformity and /or loss of kernel weight.

Control: Spraying of endosulfan at 0.07% or monocrotophos 0.05% concentration at flowering and fruit setting is recommended.

Diseases

Fortunately cashew crop does not have any serious disease problem, except the powdery mildew caused by a fungus, which affects the young twigs and inflorescences and make it wither. This disease generally appears when the weather becomes cloudy. Control can be obtained by dusting with 2% sulphur W.P.

Harvesting and Yield

Normally harvesting consists of reaping the nuts that have dropped to the ground after maturing. However, if the apples are also used for making jam, juice, syrup, fenni, etc., the fruit has to be harvested before it falls naturally. Plantations of unknown origin or seeding progenies with conventional methods of cultivation yield less than one kg of raw nuts per tree. However, there is a chance to increase the yield up to 4 to 5 kg per tree with the adoption of improved production techniques, over a period of 4 to 5 years. In new plantations, with the use of elite planting material coupled with a package of improved agronomic practices, an yield of 8-10 kg per tree could be achieved.



Cashew nut Processing

India was the first country to hit the world market with cashew kernels and it was she who pioneered cashew processing as an industry.

Sun Drying

The raw cashew nuts are simply dried in the sun for a few days and shelled with out temp.

Drum Roasting

In Drum Roasting, the nuts are heated at high temperature in a rotating drum and then shelled.

Oil Bath Roasting

In this method, the nuts get roasted in a bath of cashew shell liquid and also the cashew nut shell liquid (CNSL) is extracted.

Steaming

It is another improved method adopted in Cashew processing. The nuts are steamed so as to make the shell soft and then cut open to get the kernel.

The roasted /steamed raw nuts are opened by cutting or by using mallets and the testa is then removed after drying in a borma. The peeled kernels are then graded by size, shape and colour and packed for exports.

Marketing

India has always been a major player in the production of cashew. It is the second largest producer of raw cashew in the world but conquers the 1st place among the largest producing countries of cashew kernels and also in the maximum area covered that figures to be 7.70 lakh hectares currently. The country provides with around 55% supply of cashew kernels in the world. The Indian production of cashews contributes to around 4.6 lakhs tons per annum

Raw cashew nuts are a seasonal commodity and the trading season is from March to May. Growers usually supply the primary or village markets where small traders collect and supply the urban markets. The cashew trade is seldom handled by exclusive traders. Usually, those traders who collect other plantation products also trade in cashew. Due to the highly competitive nature of the cashew trade growers have few marketing problems. When large quantities are collected by middlemen, the processors enter the marketing chain and make wholesale purchases. Quality is generally determined by appearance and cutting tests that traders employ prior to purchase. The raw cashew nut market involves a large amount of capital where nearly 80 percent of the produce is transacted within a matter of 35 days. The current value of Indian production is estimated at around Rs. 10,000 million. This capital is made available by industry for procurement and processing operations.

There are no growers' cooperatives or organizations for cashew marketing. In Kerala however, the government has been involved in the procurement process and supply to large-scale processors. This adversely affected the cashew trade and has now been replaced by a free market policy.

In addition to the local production of nearly 430,000 tons, India also imports a considerable quantity of raw nuts from several African and South-east Asian countries to satisfy the national processing capacity of 700,000 tons established in the country.

Marketing of cashew is not a problem in view of the fact that our raw material production is considerably low (around 2.60 lakh tonnes) when compared to the processing capacity of our existing factories (around 4.5 lakh tonnes developed so far). On an average the raw cashew nuts fetch a price of Rs.10-12 per kg in the internal market.

Grading and Packing

Grading is done for export purposes based on "counts" or number of kernels per Lb. Sound kernels are named as "wholes" and broken ones as "splits". The wholes are again classified as whole white kernels, whole scorched kernels, whole dessert kernels (a) and whole dessert kernels (b). The splits

are also further graded into white pieces, scorched pieces, dessert pieces (a) and dessert pieces (b) based on certain physical characters. The wholes are packed in several grade viz., 210, 2401, 280, 320, 400, 459 and 500; the popular grade is 320. The specifications for graded kernels are that they should be fully developed, Ivory white in colour and should be free from insect damage and black and brown spots. Packing is done in time by Vita pack method (exhausting the air inside the packing tin, pumping in carbondioxide and sealing).

The commercial production of cashew seed is done in more than 32 countries of the world. The seed generally prosper in the hot and humid regions of the earth near the equator like in central and south American zone, India and oceanic zone and African zone. The world' total produce in the context of cashews is around 22.5 lakh tons per annum. Vietnam is the largest producer of raw cashew followed by India and Brazil. India dominates and leads the cashew kernel production list. The total area in the world under cashew cultivation figures up to 35.1 lakh hectares. The world consumption of cashew has ever been rising with time. In 1955 the world production figures for cashew consumption was 125000 tons which rose up to around 1 million tons in 1995 and now it is almost same as the level of production. The major cashew consuming countries in the world leaded by United States of America are

- United States of America
- European Union
- India

The trade pattern in cashew in the world suggest that 8 to 9 million cartons of cashews are traded in the world in an year. The main countries that constitute the world cashew exporting list are

- India (4.5 million cartons)
- Vietnam (2.3 million cartons)
- Brazil (1.75 million cartons)
- Tanzania
- Ghana

India contributes to over half of the world cashew exports. Vietnam gives a tough competition to India in the world market as it is the largest cashew producing nation of the world but still India is ahead in this scenario. Due to a large consumption level of this seed in the world, there is a long list of cashew importing countries, dominated by United States. Following are some of the major countries in that list

- United States of America (4.5 million cartons)
- European Union (2 million cartons)
- China (0.75 million cartons)
- United Arab Emirates
- Japan
- Saudi Arabia

Cashew producing countries

Cashew is produced in almost 32 countries of the world and now it has become the number 1 crop

in the world taking over almonds. It is generally found in the tropical zone of the planet as it thrives on a hot and dry climate. The world production figures of this crop hover around 22.5 lakh tons per year. The major raw cashew producing countries are of following

- Vietnam
- India
- Brazil
- Nigeria
- Indonesia
- Tanzania
- Cote de Ivoire
- Guinea
- Mozambique
- Benin
- Thailand
- Malaysia
- Kenya

Indian cashew market

Cashew made an entry into Indian subcontinent through Portuguese colonists in the 16th century. The climate in the country suited the crop so well that it spread along in all the direction of the continent. India became the leader in the cashew production till in 2002 its dominating position was taken over by Vietnam. The country is still the second largest country producing raw cashew nuts. It is also is the largest country producing cashew kernels, the largest country indulging in the processing of this food product and the largest exporter of cashews in the world.

The Indian production of cashews is around 4.6 lakh tons per year. Maharashtra stands 1st among the main cashew producing states in India followed by Andhra Pradesh and Orissa. The country also is the third largest consumer of the food product in the world after United States and European Union as it consumes over 3 million cartons per annum.

As India is the largest processor country in the world, it is left with more quantity for exports that also makes it the largest exporter in the world cashew market. It annually exports around 4 million cartons in one year. The major countries that import Indian cashew are

- United States of America (43149 tons)
- Netherlands (18736 tons)
- United Kingdom (6238 tons)
- United Arab Emirates (8274 tons)
- Japan (4685 tons)
- France (3470 tons)
- Saudi Arabia (2827 tons)
- Spain (2648 tons)

- Russia (1990 tons)
- Germany (1991 tons)
- Canada (1558 tons)
- Greece (1859 tons)

India somehow imports small quantities raw cashew nuts from the African countries so as to meet the international demand for Indian processed cashew kernels. Cashew ranks second among the horticultural commodities exported from India. This industry also gives employment to around 3 lakh people in the country and the demand for Indian cashews is quite large due to qualitative edge over other countries.

Major trading centers of cashew:

The major trading centers of cashew in India are

- Palasa
- Kollam
- Manglore
- Quilon
- Kochi
- Cashew Nuts represents an association of over 475 of cashew nuts exporters , splited cashew nuts suppliers, whole cashew nuts producers, scorched cashew nuts suppliers, plain cashew nuts exporters , salted cashew nuts wholesalers, processed cashew nuts exporters, cashew nut kernels suppliers etc.
- Each member of the group is a verified producer and exporter of cashew nuts - registered with Directorate General Foreign Trade (DGFT), India.

Processed Products

Cashew Nuts

Being one of the leading traders, exporters and suppliers in the field of offering grocery items, we offer a delicious range of Cashews. These are sourced from farmers in the coastal region to ensure their freshness as well as purity. Our range is processed using mechanized equipment to offer an exclusive range. These are packed in an ultra hygienic set up viewing the health issues of our clients. These are known for their nutritional content, purity and aroma. These are available along with cost effective solution.



Roasted Cashews Pouches

Nitrogen Flushed pouches available in 10g to 150g. Available in different flavours Salted, Masala & Paper...



Premium Nuts

Premium Nuts are exotic blend of cashewnuts, almonds and pistachios of selected grade. Nuts are roasted and salted individually. The same are blended in requisite proportion. This exotic blend offers a very characteristic taste and bite.

These Tins are available for Cashew, Almonds and Pistachios separately.



Cashewnuts

Cashew nuts pack proteins, fats and vitamins to a high degree. Proteins, the tissue builders in our system, steal a large dividend of cashew contents. Cashew kernels contain 21 % of vegetable proteins. Nutritionally they stand at par with milk, eggs and meat. It also contains a high concentration of much needed amino acids in right proportions which is very rare in nuts.



Kaju

Cashew is a bean shaped nut that grows on a tropical evergreen tree. Cashew nuts are loaded with “good” fats and are a rich source of phytochemicals and antioxidants. These chemicals protect us from cancer and heart disease. Cashew nuts boast a high amount of dietary fiber, which has a good effect on weight management, but only when moderately eaten. The magnesium content in cashew nuts is beneficial for promoting bone growth.



Cashew Nut 240

Broken large chunks of cashews. When the cashew kernel is shelled from the hull, the nut splits into large chunks, commonly called cashew chunks. People love this as a snack item and it is often used as a substitute for a whole cashew because it is priced much lower.



Flavored Cashews

Product are filled with variety of flavors and coated with spicy masala that hygienically packed and delicious in taste. packed in an air tight container to ensure its freshness (2 month). Masala coated roasted cashews that are 100% vegetarian that is tangy in taste.



Cashew Nut Basket

Whole, flavorful cashews roasted in pure peanut oil and salted to perfection. Ideal for entertaining and cooking. A healthy alternative to sugar-based snacks and an excellent source of natural protein, low in carbohydrates and saturated fats. Store in tightly sealed container or in your freezer to maintain freshness. [.](#)



Cashew Roasted & Salted

Packing type packing size number of
units/carton can 250gms 24 cans per carton
pouches 25gms 72 pouches per carton
pouches 50gms 72 pouches per carton
pouches 100gms 36 pouches per carton
pouches 250gms 30 pouches per carton
pouches 500gms 12 pouches per carton.



Health Benefits

Consumption of dry fruits is in general good for the overall health of a human being. Not only are they nutritious, but also provide energy to the body. They are often referred to as the natural health capsule. They



also possess medicinal properties, and have no side effects. Cashew nuts are a healthy snack and can prevent many diseases and ailments if taken in moderation. They have a high energy density and high amount of dietary fiber, which is beneficial in weight management

Consuming cashew nuts ensures good cardiovascular and circulatory health. They contain no cholesterol and provide a healthy snack for heart patients. They have high amounts of monounsaturated fatty acids, which help in supporting good levels of low good cholesterol or the HDL

Cashew nuts have high magnesium, which helps protect against high blood pressure, muscle spasms, migrane, headaches, fatigue, etc. Magnesium works in tandem with calcium in the body to make healthy bones and muscles in the body

Cashew nuts and almost all other nuts are beneficial for prevention against the gallstone disease. People who regularly consume nuts are at a lower risk of developing gallstones. Cashew nuts have high copper content, and its consumption helps the body utilize Iron and also produce melanin, a hair and skin pigment.

***** Gyana Ranjan Sarangi, PGDRDM, Batch -4 , NIRD, Hyderabad**