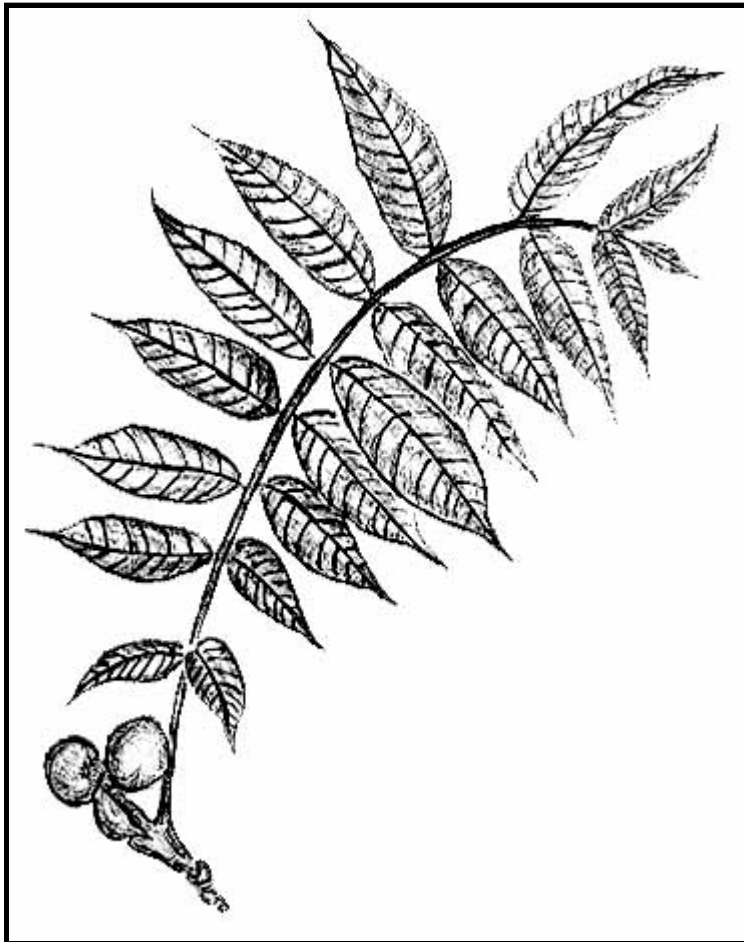


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## **Black Walnut** *(Juglans nigra)*



From [THE WILD VEGETARIAN COOKBOOK](#)



**Black Walnut Leaf and Nuts**

*Pen and ink drawing by "Wildman"*

This native tree grows from 50 to 120 feet tall, with dark brown, deeply furrowed bark with flattened ridges.



### **Black Walnut Tree**

The alternate, feather-compound leaves consist of 12 to 24 lance-shaped, finely toothed, narrow leaflets 3-1/2 inches long on both sides of a midrib 1-2 feet long.

Slender catkins of inconspicuous, green male flowers hang from the branches in the spring.



**Black Walnut Leaves and Catkins**



**Black Walnut Catkins**

Short, even less noticeable female flowers grow at the branch tips.



### **Black Walnut Female Flowers**

V-shaped stigmas capture pollen, and the pear-shaped ovaries becomes the nuts.

Walnuts resembling green tennis balls 2-1/2 inches across fall to the ground in autumn.



### **Black Walnuts in Branch**

This tree and its edible close relatives grow in the northeast, across the south, and into California.



### **Black Walnut Leaves with Nuts**

Stomp on the nuts with old shoes over pavement to remove the green husks.



### **Black Walnut and Husk**

Note the stain on the pavement.



### **Black Walnut Removed from Husk**

Wear rubber gloves or your hands will get stained (the stain fades after a few

days). Let the nuts dry and mature in their shells a week or so on newspapers, eliminating the stain effect.



**Black Walnut in Shell, Dry**

Crack the shell with a heavy-duty nutcracker, a vise, heavy hammer, or large rock.



### **Black Walnut in Black Walnut Cracker**

You can purchase this nutcracker from C.E. Potter, Sapula, Oklahoma 74066, (918) 224-0567.



### **Black Walnut in Black Walnut Cracker, Close-up**





**Black Walnut Being Cracked**



**Black Walnut Cracked Open**

Remove the nutmeat with a nut pick.



### **Black Walnut Nutmeat**

Enjoy these nuts raw or cooked.

Black walnuts have a strong, rich, smoky flavor with a hint of wine. Use them any recipe that call for nuts, but unless you're featuring the black walnut's flavor, use it sparingly, or it will overpower everything else. I often combine one part black walnuts with three parts commercial (English) walnuts.



### **Black Walnut Tree, Bare**

The black walnut is one of the first trees to lose its leaves in autumn.

### **[Black Walnut Recipes](#)**

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