

Pine Nut Quiz: questions and answers



1. Which country is the largest producer of *Pinus sibirica*'s nuts?

- Russia
- Canada
- China

2. How long does it take to a stone pine seed to complete its maturity?

- 18 months
- 36 months
- 12 months

3. At what elevation is the American Pinyon pine cone production most commonly found?

- Between 400 m and 600 m
- Between 3,600 m and 5,200 m
- Between 1,800 m and 2,600 m

4. What percentage of protein do pine nuts contain?

- 1 - 3 %
- 10 - 34 %
- 15 - 24 %

5. What is the scientific name of the Nevada Soft Shell Pine Nut?

- Pinus pumila*
- Pinus monophylla*

Pinus armandii

6. What is the linoleic acid content of Siberian pine nut oil?

17.1% ± 2.0

49.0% ± 2.3

23.8% ± 2.1

7. Which of the following squirrel species feeds on the seeds and cones of the Mexican pinyon?

Abert's squirrel (*Sciuris aberti*)

Prevost's squirrel (*Callosciurus prevostii*)

Grizzled giant squirrel (*Ratufa macroura*)

8. How many species of pine produce seeds large enough to be worth harvesting?

About 30

About 20

About 50

9. What is the name of the Italian sauce that consists of crushed garlic, pine nuts, coarse salt, basil leaves, parmesan cheese and olive oil?

Pesto

Carbonara

Ragù

10. Why is it not good to eat too much pine nuts?

It can cause hallucinations

It can cause digestion problems

It increases the risk of heart attack

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Right answers

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Russia
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36 months
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Between 1,800 m and 2,600 m
4. What percentage of protein do pine nuts contain?
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5. What is the scientific name of the Nevada Soft Shell Pine Nut?
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