

Walnuts offer business opportunity in area

‘Super food’ great for eating, health benefits

By TOM MILLS
NEWS EDITOR

Walnuts have a growing reputation as a “super food”, and Green County has a wild variety just waiting to be collected for personal use or profit. The black walnut, a green-hulled nut littering the ground this time of year, has many benefits beyond a food source, and there is a ready market for anyone wishing to make extra cash for the upcoming holiday season.

Many landowners welcome harvesters, because the nut can be tedious to collect and the ripe seeds can leave fingers black for those who touch them without gloves. Randy Jones, who gathers more than a ton of the nuts for sale each year, says it takes approximately one hour to collect 100 pounds. Currently 100 pounds are brining \$15 at buying agents in Central Kentucky.

Walnuts are high in antioxidants and one of the few rich sources of plant-derived omega-3 fatty acids. They are a good source of fiber, protein, magnesium, copper, folate, vitamin E and are rich in plant sterols, which help lower serum cholesterol levels.

Walnuts are also

used for dyes, walnut oil, cosmetics and cleaning agents.

Monday, Jones sold 50 sacks of black walnuts gathered over a little less than 8 hours and made more than \$100. He said there are more walnuts this year than he has seen in a long time.

“There are so many I can’t pick them all up,” he said. “Being able to make \$15 an hour is pretty good, and they are out there if anybody wants to work at picking them up and taking them to sell.”

Jones said there are several purchasing agents in Green and surrounding counties who will buy all you bring.

A bumper crop of black walnuts are littering the ground in Green County this season, says veteran harvester Randy Jones. The nuts, which have a more intense flavor than commercial varieties, can be used in recipes or sold to buying agents.



R-H photo by Tom Mills

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Byron Smith, center, and the Smith Altman staff, from left, Shelly Gribbins, Logan Smith, David Shaw, Byron Smith, Joey Turpin, Matt McDonald, David Mattingly and Haley Underwood.

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270-465-4218



Who will represent your values?



¹ "I'm pro-choice and I support Roe v Wade." Source: <https://www.courier-journal.com/story/news/politics/elections/kentucky/2019/05/10/kentucky-primary-elections-2019-governor-candidates-womens-rights-voter-guide/1141533001/> Beshear is also endorsed by the most radical pro-abortion group in America NARAL (National Abortion Rights Action League). Source: www.prochoiceamerica.org/2019/05/20/naral-beshear-endorsement/
² Gov. Bevin is the most pro-life governor in Kentucky history. He signed eight pro-life bills into law during his tenure: SB 9, SB 50, HB 5, and HB 148 in 2019; HB 454 in 2018; SB 5, SB 8, and HB 2 in 2017. Source: <https://rewire.news/legislative-tracker/state/kentucky/>
³ "I'm for expanded gaming, and it's time we get it done." Source: <https://www.apnews.com/4ababfd05bb04cacba5a7a14dd9e9171>
⁴ "I think Casino gambling is a sucker's bet. I think they are a sucker's bet for states who think that they're going to be a big boom." Source: <https://www.wave3.com/story/38198544/governor-bevin-reacts-to-supreme-court-ruling-on-sports-gambling/>
⁵ Andy Beshear is endorsed by Planned Parenthood. Source: <https://www.plannedparenthood.org/planned-parenthood-indiana-kentucky/newsroom/planned-parenthood-statement-on-kentucky-primary>
⁶ Attorney General Beshear failed to join other states that filed suit against Pres. Obama's order to public schools opening locker rooms and restrooms to transgender students. Source: <https://www.courier-journal.com/get-access/?return=https%3A%2F%2Fwww.courier-journal.com%2Fstory%2Fnews%2Fpolitics%2F2016%2F05%2F27%2Fbeshear-bevin-playing-games-transgender-issue%2F85044302%2F>
⁷ Source: <https://www.courier-journal.com/get-access/?return=https://www.courier-journal.com/story/news/politics/ky-governor/2016/08/22/bevin-hails-transgender-bathroom-ruling/89111832/>



Andy Beshear
(D-Louisville)

Kentucky Governor Race

The information below was compiled by voting records, interviews, and a candidate questionnaire distributed by the Commonwealth Policy Center, a nonprofit, nonpartisan Kentucky organization.



Matt Bevin
(R-Louisville)

NO ¹	Protect Human Life	YES ²
YES ³	Gambling Expansion	NO ⁴
NO RESPONSE	Protect Religious Freedom	YES
NO RESPONSE	Legalize Recreational Marijuana	NO
YES ⁵	Funding Planned Parenthood	NO
NO RESPONSE ⁶	Transgender Bathrooms	NO ⁷

A VOTE FOR **MATT BEVIN** IS A CONSISTENT VOTE FOR FISCAL RESPONSIBILITY, PRO-LIFE AND PRO-FAMILY VALUES.



VOTE BEVIN NOVEMBER 5!

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Who will represent your values?



¹ Even though Stumbo voted yes to the informed consent bill (SB 4) (1/28/16) as Speaker of the House, he originally failed to vote on a procedural motion that would have revived the ultrasound bill. Source: www.lrc.ky.gov/record/16RS/AB4.htm. While Stumbo was Speaker (the most powerful member of the Kentucky House), all but one pro-life bill died. For this reason and for past votes he cannot be relied upon to protect innocent human life.
² Sponsored HB 416 (2/27/13) (House Committee Substitute) which expanded gambling in Kentucky by creating two new lottery games. It also expanded digital video slot machines at horse tracks under the auspices of shoring up the state pension fund. The bill passed but was rejected as unconstitutional by the Senate (2/27/13). Source: www.lrc.ky.gov/record/13rs/hb416.htm
³ Co-Sponsored HB 279 (2013) to specify government shall not burden a person's or religious organization's freedom of religion. Source: www.lrc.ky.gov/record/13rs/HB279.htm Voted to Override Governor Beshear's veto of HB 279 (3/26/13) that protects religious freedoms. Source: www.lrc.ky.gov/record/13rs/HB279/vote_history.pdf
⁴ Failed to vote to defund Planned Parenthood by bringing SB 7 to a vote on the House floor (2/9/16). Source: www.lrc.ky.gov/record/16rs/House_votes/24_misc_vote.pdf
⁵ Co-Sponsored HB 396 (2013) which directed the Transportation Cabinet to issue driving permits to nonresidents who are at least 18 years of age and resided in the Commonwealth for at least three years and who cannot prove citizenship or meet the requirements. Source: www.lrc.ky.gov/record/13rs/HB396.htm



Greg Stumbo
(D-Prestonsburg)

Kentucky Attorney General Race

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Daniel Cameron
(R-Louisville)

NO ¹	Protect Human Life	YES
YES ²	Gambling Expansion	NO
YES ³	Protect Religious Freedom	YES
NO RESPONSE	Legalize Recreational Marijuana	NO
YES ⁴	Fund Planned Parenthood	NO
YES ⁵	Driver Licenses for Illegal Aliens	NO
NO RESPONSE	Transgender Bathrooms	NO

A VOTE FOR **DANIEL CAMERON** IS A CONSISTENT VOTE FOR FISCAL RESPONSIBILITY, PRO-LIFE AND PRO-FAMILY VALUES.



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