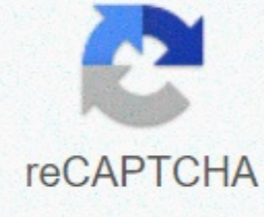




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## White oak acorns

Walnut of oak This article is about the nut. For squash, see acorn squash. For other uses, see Acorn (disambifiation). Acorns from small to large oak willow, *Quercus phellos* (very small, in the center); the Southern Red Oak, *Quercus falcata*; the White Oak, *Quercus alba*; the Red Oak, *Quercus rosalia*; from Southern Greenville County, SC, USA. The scale bar in the upper right corner is 1 cm. Diagram of the anatomy of an acorn: A.) Cupule B.) Pericarp .p.) Seed coat (testa) D.) Cotsilets (2) E.) Plumule F.) Radicle G.) Remnants of style. Together D., E., and F. make up the fetus. Acorn, rawNutritional value per 100 g (3.5 oz)Energy1,619 kJ (387 kcal)Carbohydrates40.75 g Fat23.85 gSaturated3.102 gMonounsaturated15.109 gPolyunsaturated4.596 g Protein6.15 gTryptophan0.074 gThreonine0.236 gIsoleucine0.285 gLeucine0.489 gLysine0.384 gMethionine0.103 gCystine0.109 gPhenylalanine0.269 gTyrosine0.187 gValine0.345 gArginine0.473 gHistidine0.170 gAlanine0.350 gAspartic acid0.635 gGlutamic acid0.986 gGlycine0.285 gProline0.246 gSerine0.261 g VitaminsQuantity %DV†Vitamin A equiv.0% 2 μgThiamine (B1)10% 0.112 mgRiboflavin (B2)10% 0.118 mgNiacin (B3)12% 1.827 mgPantothenic acid (B5)14% 0.715 mgVitamin B641% 0.528 mgFolate (B9)22% 87 μgVitamin C0% 0.0 mg MineralsQuantity %DV†Calcium4% 41 mgCopper31% .621 mgIρνov6% 0,79 mgΜαγκνέσιου17% 62 mgΜαγνησενσέ64% 1.337 mgΦωσφόρος11% 79 mgPotassium11% 539 mgΣωδίου0% 0 mgZinc5% 0,51 mg Άλλα συστατικάΚατονομικό νερό627,9 g Σύνδεση με μονάδες εισόδου βόσσης δεδoμένων USDA μg = μικρογραμμάρια + mg = χιλιοστόγραμμα IU = Διεθνείς μονάδες †Απαικoiαότητα προσεγγίζονται κατά προσέγγιση με τη χρήση συστάσεων των ΗΠΑ για ενήλικες. Source: Usda Nourishing Database The acorn, or oaknut, is the nut of oaks and their close relatives (genera *Quercus* and *Lithocarpus*, in the *Fagaceae* family). It usually contains a single seed (occasionally two seeds), enclosed in a hard, leathery shell, and loaded into a cup-shaped cupule. Acorns are 1–6 cm (1/2–2 1/2 inches) long and 0.8–4 cm (3/8–1 5/8 inches). Acorns take from 6 to 24 months (depending on the species) to mature. see the list of *Quercus* species for oak classification details, in which oak morphology and phenology are important factors. Etymology The word acorn (earlier akerne, and acharn) is associated with the Gothic name akran, which had the feeling of the fruit of the un closed earth. [1] The word was applied to the most important forest products, that of oak. Chaucer talked about lokes' strings in the 14th century. In degrees, popular etymology linked the word to both corn and oak horn, and the spelling changed accordingly. [2] The current spelling (resulted 15c.-16c.), by connecting to alternating current (old English: oak) + corn. [3] Ecological role Acorns play an important role in forest ecology when oaks are the dominant species or are abundant. [4] [4] the volume of acorn cultivation can vary widely, creating great abundance or great pressure for the many animals that depend on acorns and predators of these animals. [5] Acorns, along with other nuts, are called tissue. Wildlife that consume acorns as an important part of their diet include birds such as jays, pigeons, some ducks, and various species of woodpeckers. Small mammals fed on acorns include mice, squirrels and many other rodents. Acorns have a big influence on small rodents in their habitats, as large acorn yields help rodent populations to grow. [6] Pony eats acorns. Acorns can cause painful death in equidae, especially if eaten in excess. [7] [8] [9] Large mammals such as pigs, bears and deer also consume large quantities of acorns. can make up to 25% of the deer's diet in the autumn. [10] In Spain, Portugal and the New Forest region of southern England, pigs continue to relax in dehesas (large oak olive groves) in the autumn, to fill and fatten themselves in acorns. Heavy consumption of acorns can, on the other hand, be toxic to other animals that cannot detoxify their tannins, such as horses and cattle. [11] [12] The larvae of some moths and weevils also live in young acorns, consuming nuclei as they grow. [13] Acorns are attractive to animals because they are large and thus consumed effectively or stored temporarily. Acorns are also rich in nutrients. Rates vary from species to species, but all acorns contain large amounts of protein, carbohydrates and fats, as well as calcium, phosphorus and potassium minerals, and vitamin niacin. The total energy of food in an acorn also varies depending on the species, but all compare well with other wild foods and with other nuts. [14] Acorns also contain bitter tannins, the amount that varies with the species. Since tannins, which are plant polyphenols, affect an animal's ability to metabolize protein, the creatures need to adapt in different ways to use the nutritional value contained in the acorns. Animals may preferably choose acorns containing fewer tannins. When tannins are metabolised in bovine animals, the produced tanic acid may cause ulceration and renal failure. [12] Animals storing acorns, such as jays and squirrels, can expect to consume some of these acorns until sufficient groundwater has penetrated through them to flush tannins. Other animals buffer their acorn diet with other foods. Many insects, birds and mammals metabolize tannins with less negative effects than humans. Types of acorn containing large amounts of tanine are very bitter, astrinict, and potentially irritating if eaten raw. This is particularly true for acorns of American red oaks and English oaks. The acorns of white oaks, which are much lower in tannins, are nutty in taste; this feature is enhanced if the acorns are given a light roast before grinding. Tannins can be removed by soaking the shredded acorns several changes of water, until the water no longer becomes brown. Washing cold water can take several days, but three to four boiling water changes can flush the tannins in less than an hour. [15] The hot water it dissolves (boils) cooks the starch of the acorn, which would otherwise act like gluten in flour, helping it to connect to itself. For this reason, if acorns will be used to make flour, then cold water leaching is preferred. [16] Being rich in fat, acorn flour can spoil or moldr easily and should be stored carefully. Acorns are also sometimes prepared as massage oil. Acorns of the white oak group, *Leucobalanus*, usually start rooting once they are in contact with the soil (in autumn), then send the leaf shoot in the spring. Dispersion factors Growing acorn of *Quercus robur*. The acorns are too heavy to disperse the wind, so they require other ways to spread. Oaks therefore depend on biological seed dispersion agents to move acorns over the mother tree and into a suitable area for vegetation (including access to sufficient water, sunlight and soil nutrients), ideally at least 20-30 m (70-100 feet) from the parent tree[reference required]. Many animals eat unripe acorns in the tree or ripe acorns from the ground, with no reproductive benefit for the oak, but some animals such as squirrels and jays serve as seed dispersal agents. Jays and squirrels scatter-treasure acorns in crypts for future use of effective plant acorns in a variety of locations in which it is possible for them to germinate and thrive. Even if jays and squirrels maintain remarkably large mental maps of cache locations and return to consume them, the odd acorn can be lost, or a jay or squirrel can die before eating all its stores. A small number of acorns manage to germinate and survive, producing the next generation of oaks. Scatter-accumulation behavior depends on jays and squirrels attached to plants that provide good food packages that are nutritionally valuable but not too great for the dispersal agent to handle. The beak sizes of jays determine how big acorns can get before jays ignore them. Acorns germinate in different programs, depending on their location in the oak family. Once the acorns germinate, they are less nutritious, as the tissue of the seeds turns into hard-to-find ligninides that form the root. [17] Uses In some cultures, acorns were once dietary basis, although they have been largely replaced by seeds and are now usually considered a relatively insignificant food, except for some Native American and Korean communities. Several cultures have devised traditional acorn rinsing methods, sometimes including specialized tools, which have traditionally been passed on to their children by word of mouth. [18] [19] As food Acorns served an important role in early human history and were a food source for many cultures around the world. [20] For example, the The Greek lower classes and the Japanese (during the Jōmon period)[21] would eat acorns, especially in times of hunger. [rreferral required] In ancient Iberia was a staple food, according to Strabo. Despite this history, acorns rarely make up much of the modern diet and are not currently grown on scales that approach that of many other nuts. However, if properly prepared (by selecting high quality samples and rinsing bitter tanins in water), the acorn meal can be used in some recipes that call wheat flours. In ancient times, Pliny the Elder noted that acorn flour could be used to make bread. [22] The varieties of oak differ in the amount of thanine in their acorns. Varieties preferred by American Indians such as *Quercus kelloggii* (California black oak) may be easier to prepare or more palatable. [23] In Korea, an edible jelly called dotorimuk is made from acorns, and dotori guksu are Korean noodles made from acorn flour or starch. In the 17th century, a juice extracted from acorns was administered to ordinary drunks to cure them of their condition or else to give them the strength to resist another period of drinking. [reference required] [clarification required] The Confederates in the American Civil War and the Germans during World War II (when it was called Ersatz coffee), who were cut off from coffee supplies by the Union and Allied blockades respectively, are particularly notable previous cases of this acorn use. Use by Native Americans Olmo holes for pounding acorns in flour, Lost Lake, California Chuckachancy women pause in their work preparing acorns for grinding, California, about 1920s Acorns were a traditional food of many native peoples of North America, and served a particularly important role for Californian Native Americans, where rows of many kinds of acorns overlap, increasing resource reliability. [24] An ecology researcher Yurok and Karuk states that its traditional acorn preparation is a simple soup, cooked with hot stones directly in a basket, and says it enjoys acorns eaten with roasted salmon, huckleberries or seaweed. [25] Unlike many other plant foods, acorns should not be consumed or processed immediately, but can be stored for a long, long time as squirrels do. In the years that oaks produced many Native Americans sometimes collected enough acorns to store for two years as security against poor Years of Beland production. After drying them in the sun to discourage mold and vegetation, the women took acorns back to their villages and stored them in hollow trees or structures at poles, to keep them safe from mice and squirrels. Stored acorns could then be used when needed, particularly during winter when other resources were scarce. These acorns that sprouted in autumn which is rolled and pulverized before those that germinate in the spring. Because of their high fat content, stored acorns can become rancid. Forms can also be grown on them. Lighting ground fires killed larvae of acorn moths and acorn weevils by burning them during their lethargy period in the soil. Parasites can infect and consume more than 95% of the acorns of an oak tree. [reference required] Fires also released nutrients bound to dead leaves and other plant debris into the soil, thus fertilizing oak trees while cleaning the soil to make acorn collection easier. Most North American oaks tolerate light fires, especially when consistent combustion has eliminated the accumulation of woody fuel around their trunks. Consistent burning encouraged the growth of oak at the expense of other trees less tolerant to fire, thus keeping the oaks dominant in landscapes. [reference required] Oaks produce more acorns when they are not too close to other oaks and thus compete with them for sunlight, water and soil nutrients. The fires tended to eradicate the most vulnerable young oaks and leave old oaks that created open oak savannahs with trees ideally distributed to maximize acorn production. In Art Culture A motif in Roman architecture, also popular in Celtic and Scandinavian art, the acorn symbol is used as a ornament for cutlery, furniture, and jewelry; It also appears on the fins at Westminster Abbey. Modern use as a symbol Acorn is the symbol for the national paths of England and Wales, and is used for signs on these paths. [26] Acorn, specifically that of white oak, is also present in the symbol for the University of Connecticut. [27] Acorns are also used as fees in the heraldic. Waymark Acorn on the National Acorn Trails at the Herald Show also Knopper Bile References ^ Harper, Douglas. Acorn. Online etymology dictionary. ^ One or more of the previous sentences incorporates text from a publication now in the public domain: Chisholm, Hugh, ed. (1911). Acorn. Encyclopedia Britannica. 1 (11th cm). Cambridge University Press. p. 152–153. 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