



Kaju Cashewnut



Botanical Name: *Anacardium occidentale*

Cashew or Kaju is a useful tree as different parts of it are used either individually or collectively to treat several diseases. Fresh or hot water extract of different plant parts is used orally as aphrodisiac, antidysenteric, antihemorrhagic, and externally as anti-inflammatory. Its medicinal uses practiced traditionally in different countries are summarized below

Description

Cashew nuts are actually seeds that adhere to the bottom of the cashew apple, the fruit of the cashew tree, which is native to the coastal areas of northeastern Brazil. Cashew apples, while not known in the U.S., are regarded as delicacies in Brazil and the Carribean. The seed we know as the kidney-shaped cashew "nut" is delicate in flavor and firm, but slightly spongy, in texture.

You have probably noticed that cashews in the shell are not available in stores. This is because these nuts are always sold pre-shelled since the interior of their shells contains a caustic resin, known as cashew balm, which must be carefully removed before they are fit for consumption. This caustic resin is actually used in industry to make varnishes and insecticides.

Cashews, known scientifically as *Anacardium occidentale*, belong to the same family as the mango and pistachio nut.

Plant Description

The cashew-nut tree is a fast grower and an evergreen tropical tree. It grows to a height of 12 m. Blossoming takes place between November and January. Seedling trees flower in the third year after planting. The fruit ripens fully within 2 months.

Kaju Cashewnut in Other Languages

Dutch	Acajoeboom, Kasjoe
English	Cashew, Cashew Nut
Finnish:	Cashew-Paehkinae
French	Cajou, Noix-Cajou
Italian	Acagiù, Anacardio
Portuguese	Cajú, Caju Da Praia
Swedish	Akajouäpple

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

Uses of cashew nut

The cashew nut kernel is constituted of three different portions - the shell, the kernel and the adhering testa (Figure 4). The primary product of cashew nuts is the kernel, which is the edible portion of the nut and is consumed in three ways:

- * directly by the consumer;
- * as roasted and salted nuts;
- * in confectionery and bakery products, for example, finely chopped kernels are used in the production of sweets, ice creams, cakes and chocolates, both at home and industrially, and as paste to spread on bread.

The relative importance of these uses varies from year to year and country to country, but it is estimated that at least 60 percent of cashew kernels are consumed as salted nuts. Separately packed cashew nuts are a good selling line, mainly as an appetiser to cocktail drinks. Salted cashews are part of the snack food market. They compete mainly with other nuts, although chips, salted popcorn and other savoury snacks can impinge on the nut market. The price of cashew nuts is much higher than the price of peanuts or other snacks so that sales must be based on a strong taste preference by the consumer. Cashew nuts are generally considered a luxury product, and an element of their appeal may lie in this status.

Nutrition Facts

Serving Size

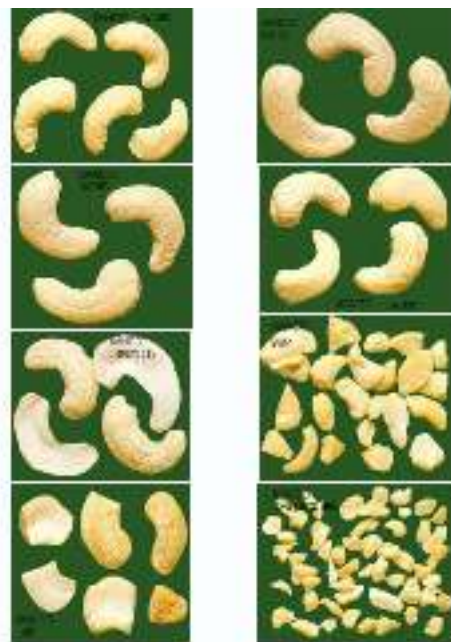
Amount Per Serving

Calories 749

Calories from Fat 555

% Daily Value*

Total Fat	61.6g	95%
Saturated Fat	10.9g	55%
Polyunsaturated Fat	11.0g	
Monounsaturated Fat	33.4g	
Cholesterol	0mg	0%
Sodium	397mg	17%
Total Carbohydrates	38.9g	13%
Dietary Fiber	4.3g	17%
Sugars		6.5g
Protein		21.7g
Vitamin A	0%	Vitamin C 1%
Calcium	6%	Iron 43%



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.

Contrary to the general belief, nuts are extremely good for health and do not lead to weight gain 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

A few recent researches have also shown that the chemicals in cashew nuts kill positive bacteria, which cause tooth decay, acne, tuberculosis and leprosy

Cashew nuts have high copper content, and its consumption helps the body utilize Iron and also produce melanin, a hair and skin pigment.

Medical Benefits

The cashew tree's leaves and bark as well as the popular cashew apple possess herbal health benefits that include killing bacteria and germs, stopping diarrhea, drying secretions, increasing the libido, and reducing fever, blood sugar, blood pressure and body temperature, but unfortunately the byproducts of these parts of the cashew tree are not available in North America and Europe, mainly due to their highly perishable qualities.

The cashew nut, a popular treat found on grocery and health food store shelves across the world, is jam-packed with nutritional content. It packs 5 grams of protein per ounce and high levels of the essential minerals iron, magnesium, phosphorus, zinc, copper and manganese, which are utilized in holistic health solutions and healthy diets.

Selection and storage

Cashew nuts are available in the markets year around. In the store, only un-shelled cashews are made available since shell contains phenolic resin, urushiol which is a potent skin irritant toxin.

Different forms of cashews are available like raw, salted, sweetened or grounded etc. Buy whole un-shelled raw nuts instead of processed ones. The nuts should feature bright ivory-white in color, compact, uniform in size and feel heavy in hand. They should be free from cracks, molds, and spots and free of rancid smell.

Store unshelled nuts inside airtight container and place in the refrigerator to avoid them turn rancid.

History

The cashew tree is native to coastal areas of Brazil. In the 16th century, Portuguese explorers took cashew trees from this South American country and introduced them into other tropical regions such as India and some African countries, where they are now also cultivated. The cashew tree has always been a prized resource owing to its precious wood, cashew balm and cashew apple, but the cashew nut itself did not gain popularity until the beginning of the 20th century. Today, the leading commercial producers of cashews are India, Brazil, Mozambique, Tanzania and Nigeria.

Quality Assurance

Quality has always been one of our major motives of our organization. We manufacture our products from superior quality raw materials guarantying our customers of our dependability. All our products are checked by our quality controllers before they are delivered to clients.



Packaging

We also provide reliable packaging of the Cashewnut and other Cashewnut products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of Cashewnut and Cashewnut products which includes green Cashewnut powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL
(A Division of Taj Pharmaceuticals Limited)

<http://www.tajagroproducts.com>

E-mail :

tajagroproducts@gmail.com

tajagrointernational@gmail.com