



Spring is almost here, and as always, almond trees are in a hurry. [More on Canaan website](#)

Spring is around the corner, and trees are preparing their beautiful dresses and gowns for this year's party. This early, wintry awakening of the almond trees is marked by blushing blossoms on naked, leafless stems like white snowflakes. When you walk through Palestine's almond fields you can smell the sweet mixed scent of jasmine and lilies that is a reminiscent of yet another fruitful season to begin and a lot of hard work to start preparing for. We at Canaan are also shaking off the cold and preparing for a colorful, cheerful beginning of a new year.

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ON THE TABLE THIS SEASON, GLUTEN FREE AND DAIRY FREE ALMOND CHOCOLATE CAKE

Ingredients:

1 1/2 cup almond flour, 2/3 cup olive oil, 1/2 cup boiling water, 3 eggs, 1 cup sugar, 6 tbsp cocoa powder, 2 tbsp vanilla extract, 1/2 tsp baking soda, 1/4, tsp salt



Instructions:

Mix the cocoa powder and boiling water, add the vanilla. In another bowl, mix the almond meal, baking soda, and salt. Add the sugar, olive oil, and eggs in the bowl of an electric mixer. Beat until mix is yellow and thick. Reduce the mixer speed and add the cocoa mixture. Add the almond meal mixture. Mix until combined.

Pour the batter into a springform pan that has been brushed with olive oil. Bake in a preheated 325 F degree oven for 40 to 45 minutes. Let cool in the pan for 10 min and Pon Appetite.

[Find more exciting recipes on Canaan website](#)

HAPPENNING THIS MONTH

- ✓ Almond Blossom
- ✓ Canaan @Gulfood 2017, Dubai, UAE, Feb 26 – March 2
- ✓ Canaan @ExpoWest 2017, CA, USA, March 8 – 12
- ✓ Canaan @FTF Conference, KY, USA, March 29 - 31

DID YOU KNOW?? ALMONDS ARE AMAZING FOR YOUR HEALTH

Almonds are low in carbs, high in protein and fiber, so eating 1-2 handfuls per day can increase satiety and help you eat less, thus lower calorie intake. Almond can also help reducing LDL cholesterol levels, and because it is high in magnesium, it can help with blood pressure control. And for those looking for the fountain of youth, Almond is the answer; its high levels of antioxidants can protect cells from oxidative damage, a major contributor to ageing and disease.



FARMER OF THE MONTH

Haj Rafiq

Ta'nik Coop

THE ALMOND MASTER

Among the people of his village, he's known of his deep knowledge of almonds, and farming in general. His land always produces more than others, his yield is bigger, his almonds are better in every way. If you ask about the recipe, he answers with simple words, "If you love the trees, they will love you back". But is it as simple as that?! Behind these few words there's a lot of hard work, as well as science and experience. He starts his day at six in the morning with a cup of coffee, the morning news, and then a walk to his almond groves where he spends the day caring for the trees, and sharing his passion for farming with his family and loved ones.

Rafiq Hussein is an organic almond farmer from the village of Ta'nik near Jenin, according to him, "the life of a farmer is all about patience. If you are looking for fast gains you will not work the land." His personal philosophy is that farmers understand the circle of life best because with each season they are reminded of the ever-changing nature of things. "Patience, endurance, and continuity are the three pillars every farmer must learn early on." As Rafiq likes to put it.

Rafiq, 60 years old and still planting new trees every season, he explains that laughing, "There's a well known story about how people used to say that the younger generations eat from what older ones planted, it's well known for its title - They planted we ate, we plant they eat. Nowadays, with the introduction of new technologies and farming practices, and a lot of hard work and commitment, we eat from what we plant ourselves".

TIP OF THE MONTH, ALMONDS ENCOURAGE HEALTHY WAISTLINES

A study published in the International Journal of Obesity and Related Metabolic Disorders evaluated the effects of almonds versus complex carbohydrates on 65 adults who were either overweight or obese. Half of the study participants consumed a low-calorie diet plus three ounces of almonds per day. The other half of the group ate a low-calorie diet plus their choice of complex carbohydrates each day. Both groups consumed the exact same amount of calories and protein.

When the study concluded, the almond-eaters showed a 62 percent greater reduction in weight, a 50 percent greater reduction in waist circumference and a 56 percent greater reduction in fat mass compared with the carb-consuming group.