

Feast and Field heads south to cover “ in our opinion “ the top tier nut, pecans. We make our way outside of Tulsa, Oklahoma, to talk to pecan expert Chad Selman of Selman Nut Co. and Selman Farms LLC. Because the classification of nuts can be a bit confusing, we break down the difference between your tree nuts and your true nuts, and how drupes fit into the picture. And did you know pecans are the newest craze in meat substitution? That’s right. Taco Tuesday just got a bit better, and a whole lot nuttier. We’ll also show you how to perfectly roast pecans for your holiday entertaining or snacking, and finally, we have four deliciously sweet (and deliciously salty) pecan recipes from expert baker Alexandra Coppinger of Tulsa’s Common Tart bakery. Cracking into pecan season with a second-generation grower A top nut in the United States, pecans are as prosperous as they are tall at this Oklahoma orchard. Pile on the pecans: 4 recipes to go nuts about Pecans are the stars of both savory and sweet treats in recipes from this Tulsa, Oklahoma baker. Trend alert: Pecans are the latest and greatest meat substitute Taco Tuesday just got an upgrade with a new meat alternative for vegetarians (and non-vegetarians!) alike. Keep these spiced pecans on hand for easy holiday snacking and serving These spiced pecans will be the workhorse of your holiday meal planning, including a great addition to salads and pies.