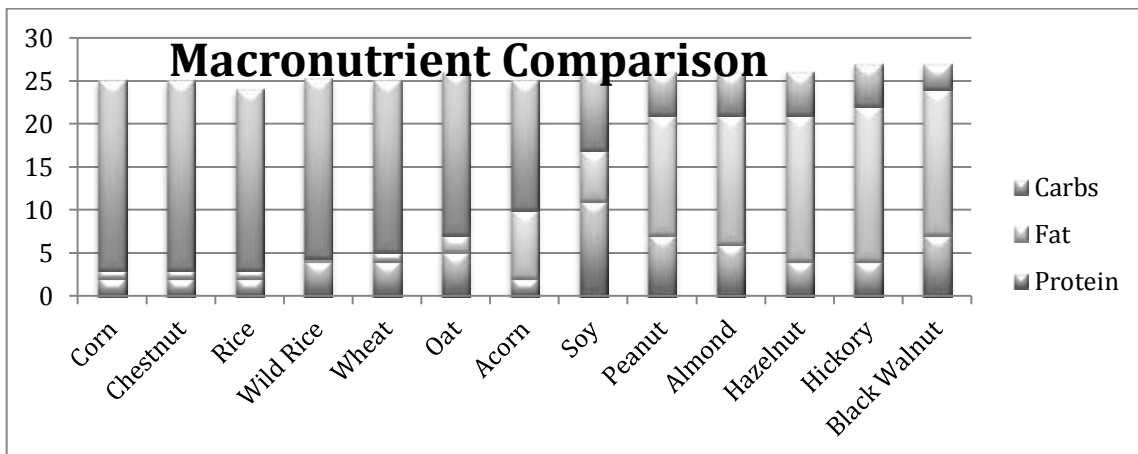


## Acorn Processing

<b>protein</b>	8% 'complete' protein, well balanced amino profile
<b>calories</b>	5-40% fat, MUFAs similar to olive , 45-80% carbs
<b>Vitamins/minerals</b>	Manganese, copper
<b>History</b>	Staple across northern hemisphere
<b>Harvest</b>	Find most abundant, largest, most oil rich acorns. Dry quickly. <i>Red Oak</i> : pointed lobes like red fire. More oil, better for storage <i>White Oak</i> : rounded lobes like white clouds. Sprout and spoil fast
<b>Storage</b>	Store fully dried in the shell.
<b>Processing</b>	Crack, de-shell, re-hydrate, grind, leach, use wet or dry into flour.  <i>Hot leach</i> : boil in changes of water <i>Decant</i> : Soak meal in 2x volume of water, pour off and refill <i>Percolation</i> : Drip water through meal in cloth
<b>Culinary use</b>	Use in any gluten-free/paleo recipes
<b>Maintenance</b>	Clear the understory, destroy buggy acorns, thin the canopy



### Acorn pancake/waffle recipe:

1.5 cups white oak acorn flour  
 ½ cup milk or milk alternative (adjust the amount of liquid to make a smooth batter)  
 2 eggs  
 2 Tbs butter or oil  
 ½ tsp. baking soda  
 pinch of salt

Mix all ingredients together cook in a pan or waffle maker.

<https://www.gloriousforestfarm.com/blogs/news/acorn-processing-q-a>