



# 核桃

## Walnuts

法界佛教印經會提供

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### 【簡介】

核桃一果實像青桃，新鮮時外殼是綠色潤皮，乾燥時其表皮自然脫落後，就是市面上看到的核桃。殼極硬，表面有凹凸，其仁多油可食又可入藥，木材可製器具。

《本草綱目》記載：「食核桃仁令人肥健，潤肌黑鬚髮。多食利小便，去五痔，有通潤血脈，補氣養血，濕脾潤腸，治虛寒、喘嗽，腰腳重痛之效。」凡服核桃不得併食，須漸漸服之。初日服一顆，每五日加一顆，至二十顆止，周而復始。常服令人能食、骨肉細膩光潤、鬚髮黑澤、血脈通潤。《摘錄自李時珍—本草綱目》

核桃仁每100公克，含脂肪63克、蛋白質15.4克、鈣119毫克、磷362毫克、鐵3.5毫克，還含有胡蘿蔔素、維生素B1、B2等，能產生669千卡的熱量，高於紅棗和桂圓，是一種高級滋補食品。  
。《摘錄自網站-核桃健腦》

### 【大紀元時報6月13日訊】

據營養學研究，核桃除去約50%的殼等廢棄物後的淨仁，含有63%的亞油酸，16.4%的亞麻酸，以及豐富的蛋白質、磷、鈣和維生素A等物質。因其含高量的不飽和脂肪酸，能強化腦血管彈力和促進神經細胞的活力，故具備多種健腦食品的優點。

### Introduction

The walnut is a fruit which resembles a green peach. When it is fresh, the external shell is green and smooth. As the fruit dries up, the shell comes off naturally to reveal the walnut that we typically see in markets. The walnut is very hard with an uneven surface, but the kernel contains a high amount of oil, is edible and can be added to tonics. The wood of the walnut tree can be made into utensils.

In the *Compendium of Materia Medica*, it is recorded: "Eating walnuts can make one plump and healthy, lubricate the muscles and make hair and beard black. Eating them frequently benefits the urinary system, and eradicates the five hemorrhoids. It also has the general purpose of improving the circulatory flow, remedying the lack of energy and nourishing the blood, improving the moisture content of the spleen and the intestines, and can cure chills, asthma and recurring pain in the waist and legs." Walnuts should not be eaten all at once, but should be consumed gradually over a period of time. One walnut should be eaten on the first day, and this number is increased by one every five days until the maximum number of twenty walnuts is reached. Then the cycle is repeated starting from one walnut all over again. Consuming walnuts on a regular basis improves the appetite, makes the bones and flesh subtly oily, shiny and moist, the hair and beard black and glossy, and improves the blood flow. (Excerpt from *Compendium of Materia Medica* by Li Shizhen).

Every 100g of walnut contains 63g fats, 15.4g protein, 119mg calcium, 362mg phosphorus, 3.5mg iron, carotene, and vitamins B1, B2, etc., and can produce 669 kilocalories of energy. Like the red date and the longan, it is a highly nutritious food. (Excerpt from the website – "Eating walnuts nourishes the brain").

According to an article published on June 13th in the newspaper *Da Ji Yuan Shi* [Great Era Times], nutritional research has shown that the clean kernel of the walnut, after 50% of the external shell and other unwanted parts have been removed, contains 63% flax seed oil and 16.4% flax seed acid, and is a rich source of protein, phosphorus, calcium, vitamin A, etc. Because it is high in unsaturated fats, it can increase the elasticity of the blood vessels in the brain and stimulate brain cell activity. Hence it has the



早在隋唐時代，科舉制度興起，選拔官吏的考試繁雜而嚴格，當時的考生們都以吃核桃來健腦。在日本，營養學家飯野節夫大力倡導學齡兒童每天吃2~3個核桃，可以使那些焦躁不安、少氣無力、厭惡學習和反應遲鈍者的神經功能恢復正常，並已得到大多數家長的認可。中醫認為，核桃甘溫，最具補腎固精作用，腎中精氣充足，是腦力健全發達的基本保證。難怪中藥專著《開寶本草》說它能“健腦、潤肌、黑發，令人肥健”。《摘錄自網站-核桃健腦》

### 有關萬佛聖城的有機核桃園

有機核桃園距離萬佛城開車約廿多分鐘，佔地60餘畝，大約有1000多棵核桃樹，樹高約20呎，所產出來的核桃仁，味甜甘香無比。萬佛城購買下這片土地，廿五年來沒有施過任何肥料，甚至也沒有澆過水，是純天然產品；並於2002年由美國政府相關單位確認為有機農產品。一般核桃園，為防松鼠光顧損耗收成之患，都會施以化學肥料，藥味祛退鼠輩。萬佛城則以鋁皮包紮樹幹，使松鼠難於攀登。銀色亮麗的鋁片夾在一行行的綠色桃樹上，非常美麗，也是景觀之一。但是核桃園內還有1/4部份的樹並沒有包上，是網開一面，為松鼠留些食物？就不得而知了。

另外在萬佛城後山還有一塊核桃園，佔地10畝，大約100棵樹，樹高10呎左右。而在城內還有一些零星散佈的核桃樹，每年到了果實收成時，就可見到城內住眾戴上斗笠，穿上護膝，紛紛拿著大麻袋或塑膠桶去有機核桃園內揀拾。秋高氣爽，林野曠蕩，偷得半日閒，同工樂趣無邊。採收後的核桃需經過去皮、剝殼與篩選的手續，就可包裝入袋，質味新鮮甜美，並極富營養。

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good qualities of many brain-nourishing foods.

As early as the Sui and Tang dynasties, when the system of imperial examinations flourished, the examinations to select government officials were complicated and stringent. Candidates sitting for examinations then ate walnuts to nourish the brain. In Japan, a nutritionist by the name of Sezuo Ii No strongly advocated that school-age children eat 2 to 3 walnuts a day. It can restore the mental abilities of those who are restless, poor in energy, dislike studying, or having slower responses. This proposal has already gained the acceptance of many parents. In Chinese medicine, the walnut is regarded as pleasant and mild, and is most suitable for nourishing the kidneys and boosting energy. When the essential energy of the kidneys is full, it aids the healthy development of brain activity. It's no wonder that the treatise of Chinese medicine, "Revealing the Treasure Trove of Native Herbs," states that the walnut can nourish the brain, lubricate the muscles, cause the hair to be black, and one to be plump and healthy. (Excerpt from the website - "Eating walnuts nourishes the brain")

### The Organic Walnut Ranch of the City of Ten Thousand Buddhas

The organic walnut ranch is about a twenty-minute drive from the City of Ten Thousand Buddhas. It occupies an area of over 60 acres and has over a thousand walnut trees, each about 20 feet tall. The walnuts produced by these trees have a sweet and fragrant flavor beyond compare. Ever since the City of the Ten Thousand Buddhas purchased this piece of land twenty-five years ago, it has never been fertilized or watered. The walnuts grown there are purely products of nature and were certified in 2002 by the relevant authorities of the American government as organically grown agricultural products. Most walnut ranches use chemical fertilizers or olfactory repellants to drive out squirrels that feed on the nuts and spoil or reduce the harvest. The City of Ten Thousand Buddhas, however, wraps aluminum foil around the tree trunks making it difficult for squirrels to climb the trees. The sight of the shimmering silvery foil tucked between the rows of lush walnut trees is a pretty one, and is one of the main attractions of the ranch. But a quarter of the trees at the ranch have not been wrapped with foil, perhaps to leave some food for the squirrels? Who knows?

In addition, at the back of the City of Ten Thousand Buddhas, there is another walnut grove of about 10 acres with about 100 trees, each about 10 feet tall. Within the City itself there are also several walnut trees. Every year at harvest time, one sees the residents of the City of Ten Thousand Buddhas decked out in straw hats and protective kneepads and carrying huge sacks or plastic pails, walking to the walnut grove to harvest. In the cool weather of autumn, amidst the vast expanse of land, taking off half a day to work together brings pleasure without end. The walnuts harvested are then peeled of their skins, shelled and hand-picked using a sieve before being placed in packets. The walnuts are naturally fresh and sweet as well as being highly nutritious.

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