



N is for nuts. Nuts are seeds that are covered with a hard shell. The pecan is the only tree nut native to North America. It is the state nut of Alabama, and the pecan tree is the state tree of Texas. Hawaii is the macadamia nut capital of the world, producing 90% of the world's supply. Did you know that peanuts are NOT nuts? They are actually legumes -- the same as peas and beans.