

# Contents

<b>Preface</b> . . . . .	ix
<b>Section 1: Oil Extraction: A Brief History</b> . . . . .	1
<b>Section 2: Small Scale Production: A How-To Guide.</b> . . . . .	9
<b>Section 3: Seeds and Nuts: The Oilseed Crops</b> . . . . .	19
Almond . . . . .	20
Brassica . . . . .	26
Flax . . . . .	31
Grapeseed . . . . .	36
Hazelnut . . . . .	42
Hempseed . . . . .	46
Hickory . . . . .	51
Nigella . . . . .	56
Peanut . . . . .	61
Poppy . . . . .	66
Pumpkin . . . . .	71
Safflower . . . . .	76
Sesame . . . . .	81
Sunflower . . . . .	86
Walnut . . . . .	92
Avocado . . . . .	99
Coconut . . . . .	101
Olive . . . . .	103
<b>Section 4: Additional Seeds and Nuts for Consideration</b> . . . . .	107
Amaranth . . . . .	108
Apricot . . . . .	108
Argan . . . . .	108
Beechnut . . . . .	109
Black Currant . . . . .	109
Borage . . . . .	110
Brazil Nut . . . . .	110

Butternut Squash . . . . .	110
Carrot . . . . .	111
Cashew . . . . .	111
Coriander . . . . .	112
Corn . . . . .	112
Cottonseed . . . . .	112
Gourd . . . . .	113
Grapefruit . . . . .	113
Jjoba . . . . .	113
Kenaf . . . . .	114
Macadamia . . . . .	114
Mongongo . . . . .	115
Neem . . . . .	115
Okra . . . . .	116
Palm . . . . .	116
Pine Nut . . . . .	117
Pistachio . . . . .	117
Pomegranate . . . . .	118
Rice Bran . . . . .	118
Soybean . . . . .	118
Watermelon . . . . .	119
<b>Section 5: In Conclusion: Beyond the Press . . . . .</b>	<b>121</b>
<b>Index . . . . .</b>	<b>125</b>
<b>About the Author . . . . .</b>	<b>131</b>
<b>About New Society Publishers . . . . .</b>	<b>132</b>