

CHESTNUT



The chestnut, fruit of the chestnut tree, is enclosed in a spiny husk that releases one to three shiny brown seeds when ripe. Harvested in autumn in Europe and Asia, it is distinguished by its firm, floury beige flesh, which becomes tender and sweet after cooking. Its delicate taste, somewhere between hazelnut and sweet potato with a woody note, makes it a popular ingredient in winter dishes, stuffings, and traditional desserts, whether roasted, boiled, or puréed.

AVAILABILITY AND PROVENANCE

PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

ITALY



FRANCE



TARGET CUSTOMER: GREEK, ITALIAN & ARAB

OPTIMAL TEMPERATURE FOR CONSERVATION

0 - 2°C for 7 - 10 days

PURCHASE GUIDE

Choose chestnuts that are hard, heavy for their size and shiny. If you shake the chestnut and hear movement inside, it is no longer good to eat.

CONSUMPTION

Chestnuts can be eaten raw but are usually cooked. They can be boiled, steamed or roasted over a fire or in the oven after making a cut in the bark.

NUTRITIONAL VALUE

Chestnuts, which are more energy-dense than most fruits, are rich in complex carbohydrates, fiber, and vitamins B1, B6, and C. They also provide potassium, magnesium, and a small amount of iron. Their antioxidants and essential minerals support vitality, the nervous system, and cardiovascular health.

