

Our virgin Hazelnut oil is produced with hazelnuts from our own orchards. French hazelnut cultivation is concentrated in two French departments in the southwest: Lot et Garonne (our department) and Tarn et Garonne, a neighboring department.

The hazel, genus *Corylus*, is a spontaneous species of fairly bright undergrowth in northern Europe. This very ancient species, present since the Tertiary era, was cultivated quite early in history, and numerous mentions of it are made in antiquity. All species of the *Corylus* genus produce a dry fruit, but only two species, *Corylus Maxima* and especially *Corylus Avellana*, are the origin of the varieties (cultivars) developed for cultivation today.

Botanical species

*Corylus Avellana*

Agricultural area

South West France

Sourcing type

Agriculture

Cultivation method

Conventional

## Local Sourcing

Final process area

South West France (Perles de Gascogne)

Part used

Almond

Mode

First Cold Press

Additives

None

## Local economic vibrancy

These varieties are multiplied by layering, using the bushy capacities of the Hazel tree to produce shoots (suckers). But the hazel tree is grown in our orchards as a single-trunk tree, obtained by training pruning. The trees, depending on the variety, are 4 to 8 m high. The hazel tree also has male flowers (catkins) and distinct female flowers (monoecious species), but self-fertilizes little, it is therefore necessary to have different varieties within the orchard in order to pollinate the female flowers.

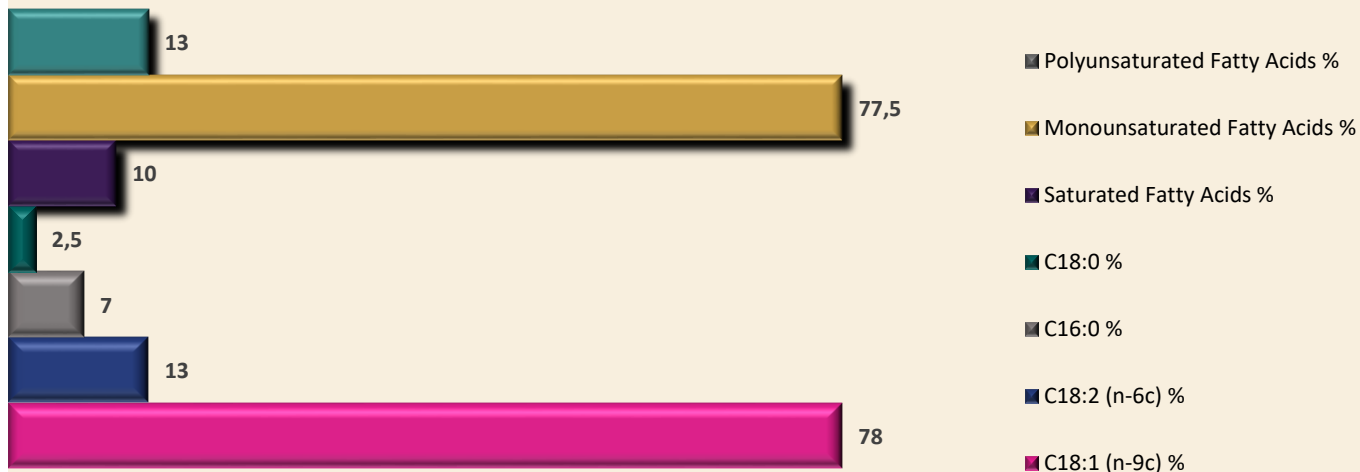
The hazelnuts are harvested mechanically from the ground, in September, after they have fallen ripe. They are then washed, additional drying is carried out for their conservation, then broken as needed to use the almond which will be cold pressed in order to extract the oil.



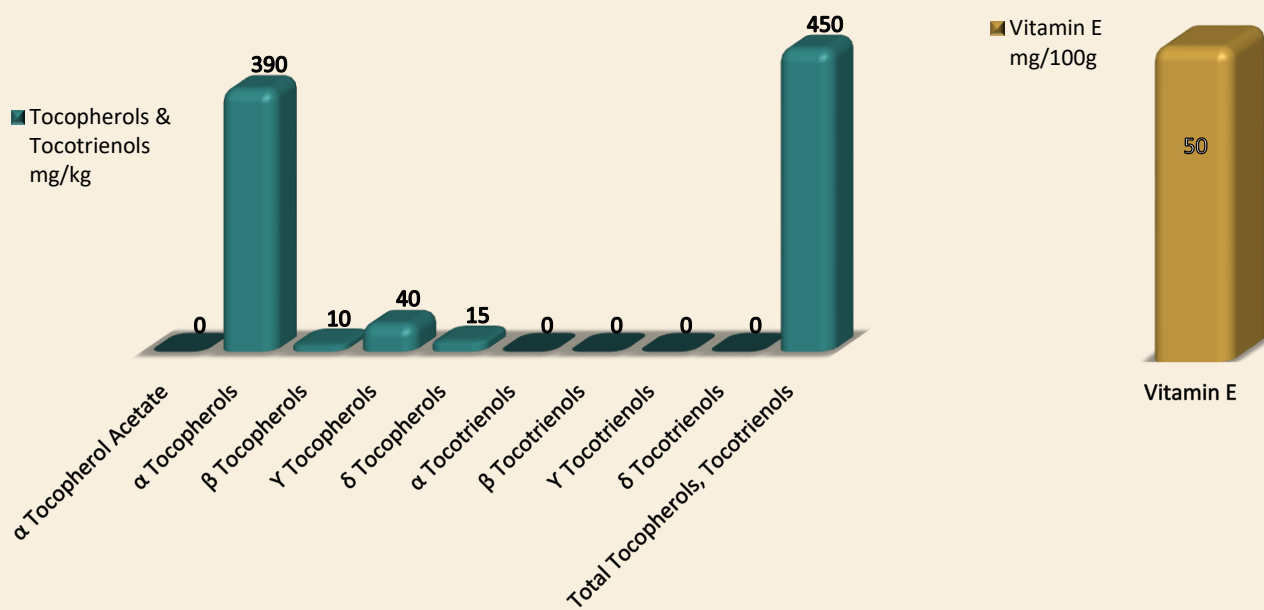
Quality Criteria

Peroxide Index	< 10	meqO2/Kg
Acid Index	< 4	mg KOH/Kg
Saponification Index	190-200	Without

FATTY ACIDS COMPOSITION



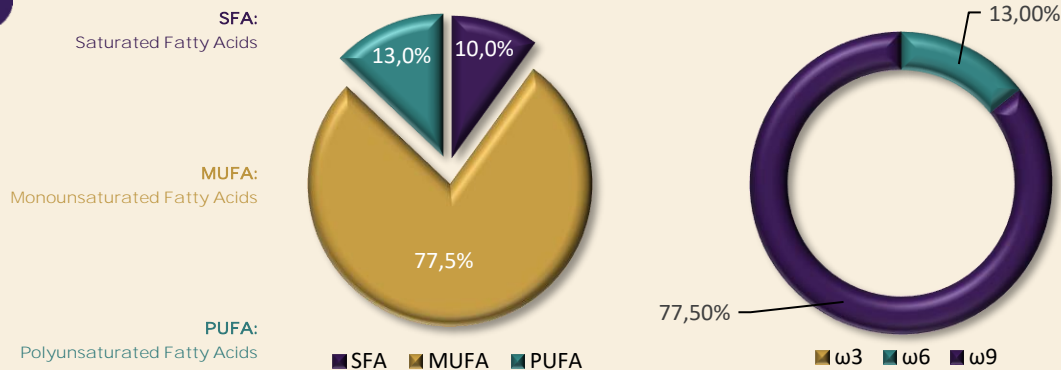
UNSAPONIFIABLE



Rich in Vitamin E (majority  $\alpha$  tocopherols)

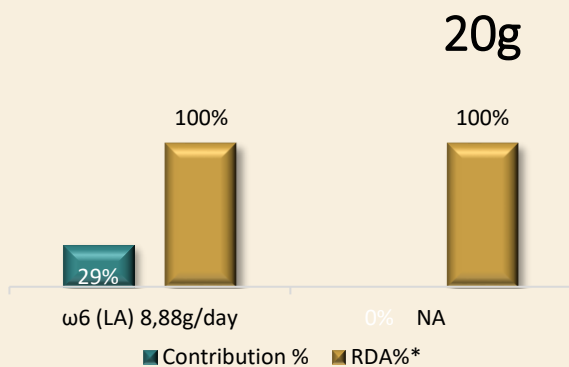
Source of phytosterols, (mainly  $\beta$  sito-sterol)

Contains vitamin A (immune system, growth and development, healthy skin and intact mucous membranes)



*Virgin Hazelnut oil is mainly composed of monounsaturated fatty acids. It is therefore one of the vegetable oils richest in oleic acid.*

\*RDA: Recommended Dietary Allowances (Ref ANSES)  
 ANSES: National Agency for Food Safety, Environment and Labour (French equivalent of USDA)



*Composed of 13% linoleic acid (LA), essential fatty acid (EFA), a consumption of 20g/day (1.5 tablespoons) provides almost 30% of the daily Omega 6 needs.*

**NUTRITIONAL CLAIMS**

Is naturally rich in Vitamin E

Is naturally rich in monounsaturated fatty acids

**HEALTH CLAIMS**

Linoleic acid contributes to maintaining normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 10 g of linoleic acid.

Consumption of fats rich in unsaturated fatty acids in the diet as a substitute for fats rich in saturated fatty acids has been shown to lower/reduce blood cholesterol levels. High cholesterol levels are a risk factor for the development of coronary heart disease.

Vitamin E helps protect cells against oxidative stress

## ORGANOLEPTIC DESCRIPTION



6

Intensity (1 to 10)

Light yellow gold

Group Gold



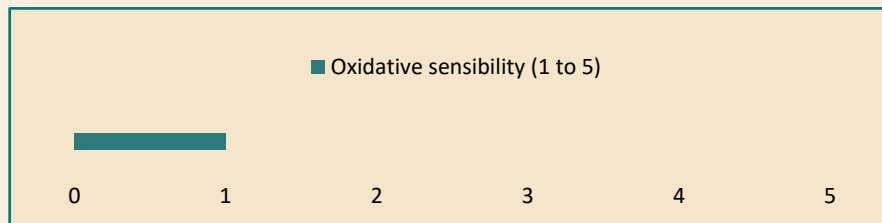
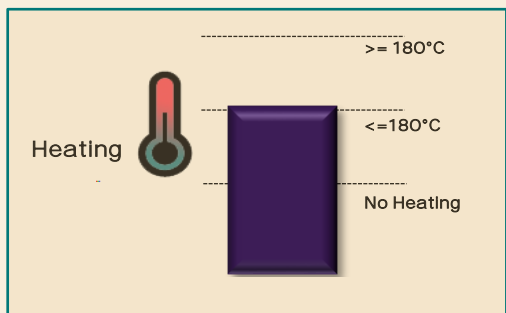
6

Intensity (1 to 10)

Light notes of fresh hazelnuts

Group Dry fruit

## UTILISATIONS



Store preferably in a cool, dry place and away from light and heat.

To be used mainly cold, but can also be reasonably heated up to 180°C

Can flavor any cuisine, from raw vegetables to meat and poultry or on fresh cheese, its aroma of fresh hazelnut brings a complementary note.



Our virgin hazelnut oil has a delicate flavor of fresh hazelnut, to be combined with many recipes.

Many recipes are available on: [www.perles-gascogne.com](http://www.perles-gascogne.com) [www.perles-gascogne.com](http://www.perles-gascogne.com)

Vitamin E

Oleic Acid

[www.perles-gascogne.com](http://www.perles-gascogne.com)

