



Our Organic Coriander oil comes from crushing the fruits of this aromatic plant from the Apiaceae family (Dill, Fennel, Parsley, etc.), grown in the southwest of France.

Coriander, probably native to the Near East or southern Europe, is a plant that has been used since antiquity, in ancient Egypt, ancient Greece and the Roman Empire. From that time on, archaeological evidence dating back to 6000 BC attests to this, its leaves and fruits were used in cooking but also as a medicinal plant, particularly for its digestive properties.

Botanical species

Coriandrum Sativum

Agricultural area

South West France

Sourcing type

Agriculture

Cultivation method

Organic

## Local Sourcing

Final process area

South West France (Perles de Gascogne)

Part used

Fruit

Mode

First Cold Pressing and possible slight refining (depending on harvest)

Additives

None

Coriander is currently little produced in France. However, its cultivation is perfectly adapted to our climates, and it can be positively inserted into crop rotations, thus offering possible diversification. Indeed, there are few notable difficulties, this plant appreciates well-drained soils, sowing is direct and if the emergence conditions are good it takes up space well and does not suffer from weeds. This plant likes sunshine and does not require much water during the summer period. Few pests affect it, it can be sensitive to aphids and fungal diseases. The fruits are harvested with conventional equipment as soon as the first fruits begin to fall in summer, with traditional threshing, no need for wilting. Note that if it is grown for the leaf, the much shorter cycle can be interesting for planting another crop.

## Agricultural diversity

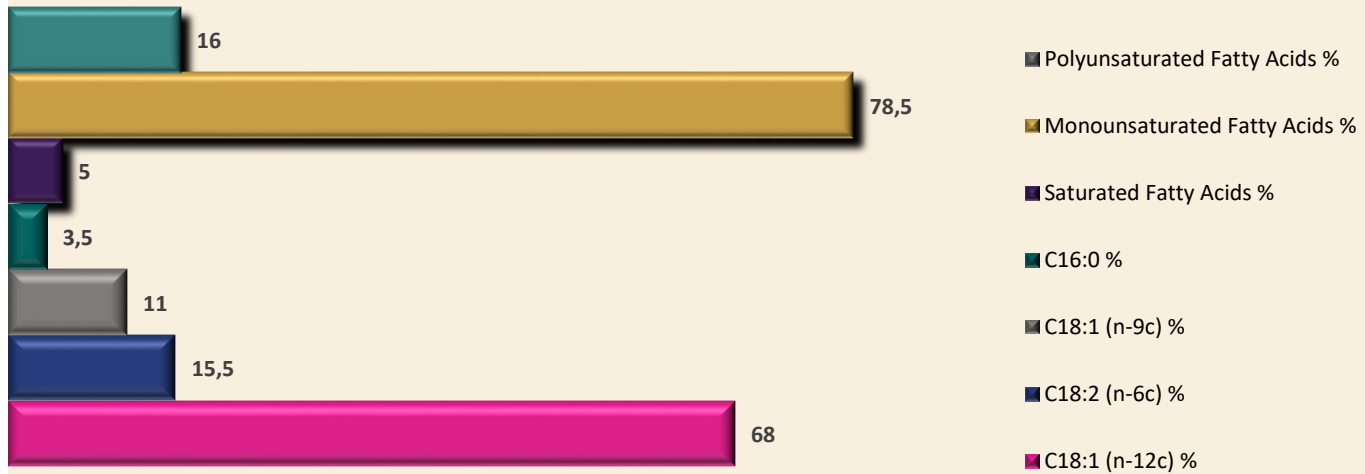
The small fruits are then cold pressed to extract the oil. Depending on the vintage and the weather conditions at harvest, the virgin oil thus produced can sometimes be slightly acidic. A slight refining (optional operation) is then necessary in order to neutralize the free fatty acids responsible. (the fatty acids are linked by their acid function and in groups of three to a glycerol. If this bond is broken, then they are said to be free and their acid function can give this slight acidity to the virgin oil).



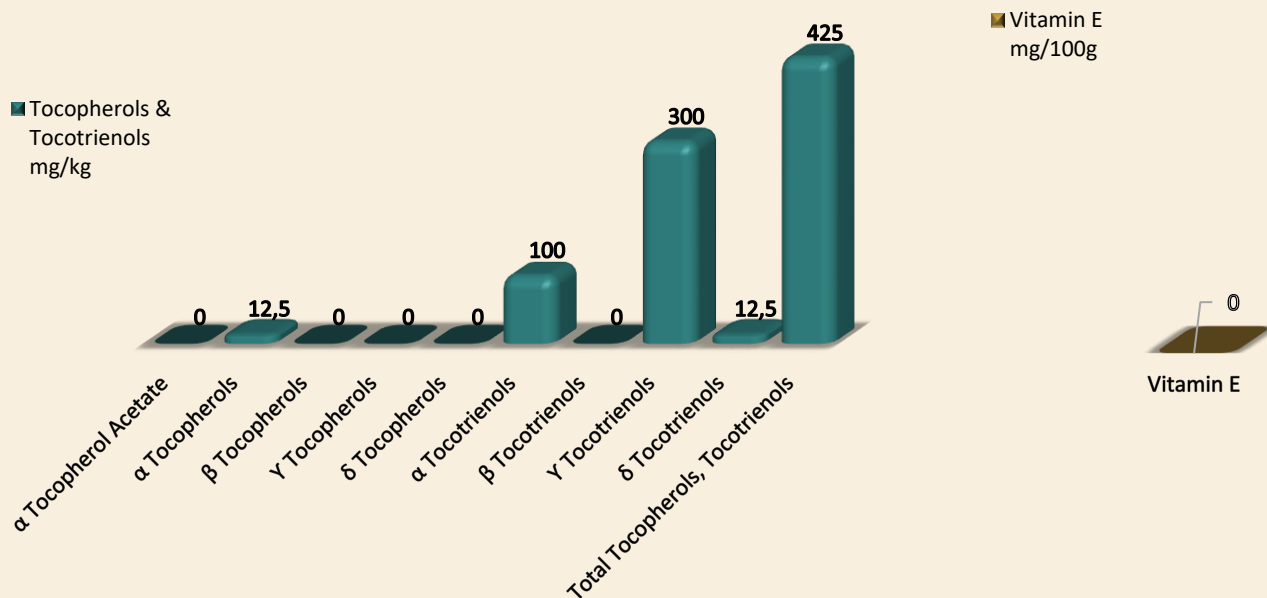
### Quality Criteria

Peroxide Index	<15	meqO <sub>2</sub> /Kg
Acid Index	<4	mg KOH/Kg
Saponification Index	179-200	Without

### FATTY ACIDS COMPOSITION

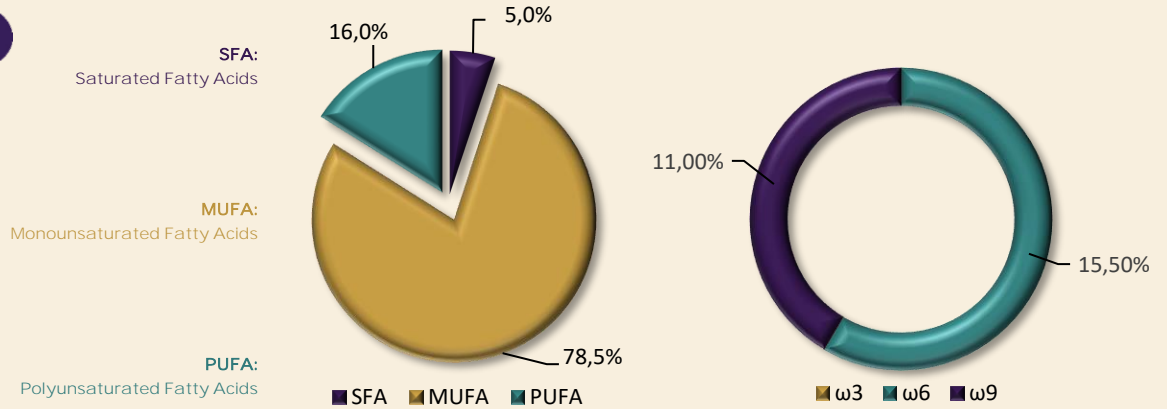


### UNSAAPONIFIABLE



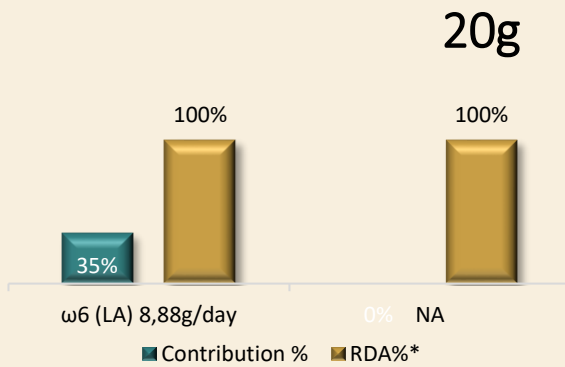
Rich in various unsaponifiables, Phytosterols, Polyphenols but also Tocotrienols, powerful antioxidants, which do not contribute to the academic calculation of vitamin E, but are molecules very close to tocopherols.

Organic Coriander oil also contains a variety of Terpenes which give it its unique aromatic properties, but which also have recognized therapeutic properties. Thus, in descending order of concentration, we find: Linalool (floral fragrance and soothing, anti-stress and anxiolytic properties), α-Pinene (pine resin fragrance and antiseptic properties, insect repellent), Camphor (stimulating and toning action), Geraniol (floral and rosy fragrance, antibacterial, antifungal and antioxidant properties), and Limonene (citrus fragrance and healing, anti-stress, insect repellent properties) among others.



*Organic Coriander oil contains very few saturated fatty acids. It is composed mainly of monounsaturated fatty acids, the main one being petroselinic acid with remarkable anti-inflammatory properties. The secondary component of monounsaturated fatty acids is oleic acid (ω9). As for polyunsaturated fatty acids, it is almost exclusively linoleic acid (LA) (ω6).*

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



*The consumption of 20g of organic Coriander oil contributes 35% of the daily requirement of essential fatty acids (EFA) Omega 6 (LA).*

**NUTRITIONAL CLAIMS**

- Is naturally rich in unsaturated fatty acids
- Is naturally rich in monounsaturated fatty acids

**HEALTH CLAIMS**

Replacing saturated fats with unsaturated fats in the diet contributes to maintaining normal cholesterol levels. Oleic acid is an unsaturated fat

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.

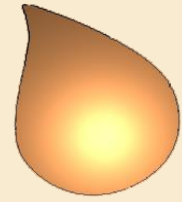
Linoleic acid contributes to maintaining normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 10 g of linoleic acid.

**ORGANOLEPTIC DESCRIPTION**



Slightly pinkish orange, bright and warm color

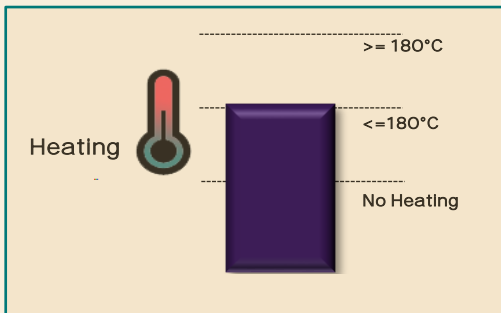
Group Orange



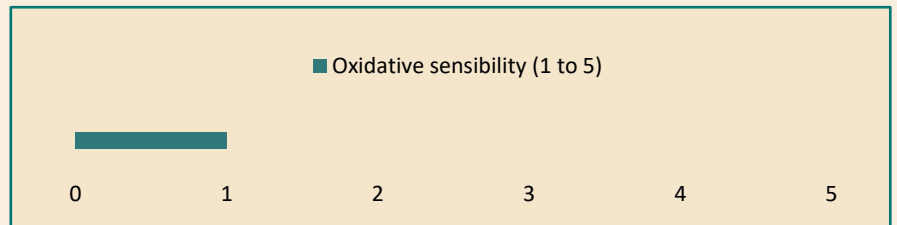
Fresh lemongrass flavor, slightly spicy and resinous woody notes

Group Citrus

**UTILISATIONS**



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



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

Can flavor all cooking, from raw vegetables to meat and poultry or on fresh cheese, its powerful characteristic aroma brings a complementary note.



Many recipes use the leaves, fruits or ground fruits of Coriander, which bring this characteristic, almost oriental aroma. Coriander oil can be integrated in the same way, and will bring all its power in many recipes.

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

Very aromatic

Naturally rich in petroselinic acid

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