

PERIGORD WALNUT

KNOW-HOW AND HERITAGE



The Professional Union of Walnut and Shelled Walnut Producers of Périgord is a professional organization created in 1994 by walnut-producers who wanted to obtain an official label of quality for their product. Since time immemorial, walnut trees cultivated in orchards are part of the Périgord landscape and gained their special place in this region that made the South-West of France an important walnut cultivating region.

On the strength of the Appellation d'Origine Contrôlée (Geographic Origin) since 2002 and Protected Designation of Origin since 2004, the professional Union:

Ensures the adherence

of the operators who produce and market Périgord Walnut with the specifications thus guaranteeing the consumer the origin and quality of the product.

Promotes the Perigord Nut

both in France and in export markets.



3 PRODUCTS

- **The fresh walnut** is white and its thin skin can be easily peeled. **The AOC label**, fixes the latest shipping deadline for fresh walnuts as of 15 October of the harvest year.

- **The dry nut takes over** It is collected in the beginning of October when its outer shell - the husk - cracks and it falls naturally on ground. It is immediately washed and dried in dryers

- **Shelled Périgord walnuts** are the only shelled walnuts guaranteed by the AOC/ PDO label. Nut meat is extracted from shell after drying and the shelled walnuts are sorted according

to their shape (whole, broken, quarter, etc.) and color (blond or darker).

The AOC label, fixes the latest shipping for shelled nuts as of 31 December of the year that follows the harvest year.



4 VARIETIES



- **Franquette** : elongated shell, medium gauge. Blond shelled walnuts. Delicate taste.



- **Corne** : hard shell. Sweet tasting nut meat with fine texture in mouth.



- **Grandjean** : medium sized round nut meant only for cracking. Fleshy nut meat with a pronounced taste.



- **Marbot** : big-sized round nut. Finely veined nut meat. Preferred variety for the production of fresh walnuts.



Syndicat professionnel de la noix et du cerneau de Noix du Périgord





Syndicat professionnel de la noix et du cerneau de Noix du Périgord

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Noix du Périgord
Appellation d'Origine Contrôlée

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THE COMPANIES THAT MARKET PERIGORD WALNUTS



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France produces 30,000 tons of walnuts every year
The South-West region produces 15,000 tons
Approximately 7,500 hectares orchards of which about 5,000 hectares are registered for AOC/ PDO Périgord Walnut
An average of 6,000 tons of Périgord Walnuts are harvested for marketing under the official quality sign



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A safe & natural product

Périgord walnuts are produced according to environment-friendly production techniques.



A wealth of benefits

- Source of calcium (93 mg/100 g of nut meat)
- Magnesium (159 mg / 100 g)
- potassium (480 mg / 100 g)
- vitamins (E, B1, B2)
- zinc, copper, iron

Walnuts are naturally rich in PUFA (polyunsaturated fatty acids)

12% of Omega 3 and 60% of Omega 6
With an Omega 6/Omega 3 ratio of 5

which is the ideal ratio in food as suggested by nutritionists.

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