



THE CHESTNUT

Takyettin Karakaya



❑ The History Of The Chestnut

❑ The Chestnut Tree

❑ Chestnut and Cuisine

❑ Chestnut and Health

❑ The Chestnut Production

Process -video-



The History Of The Chestnut



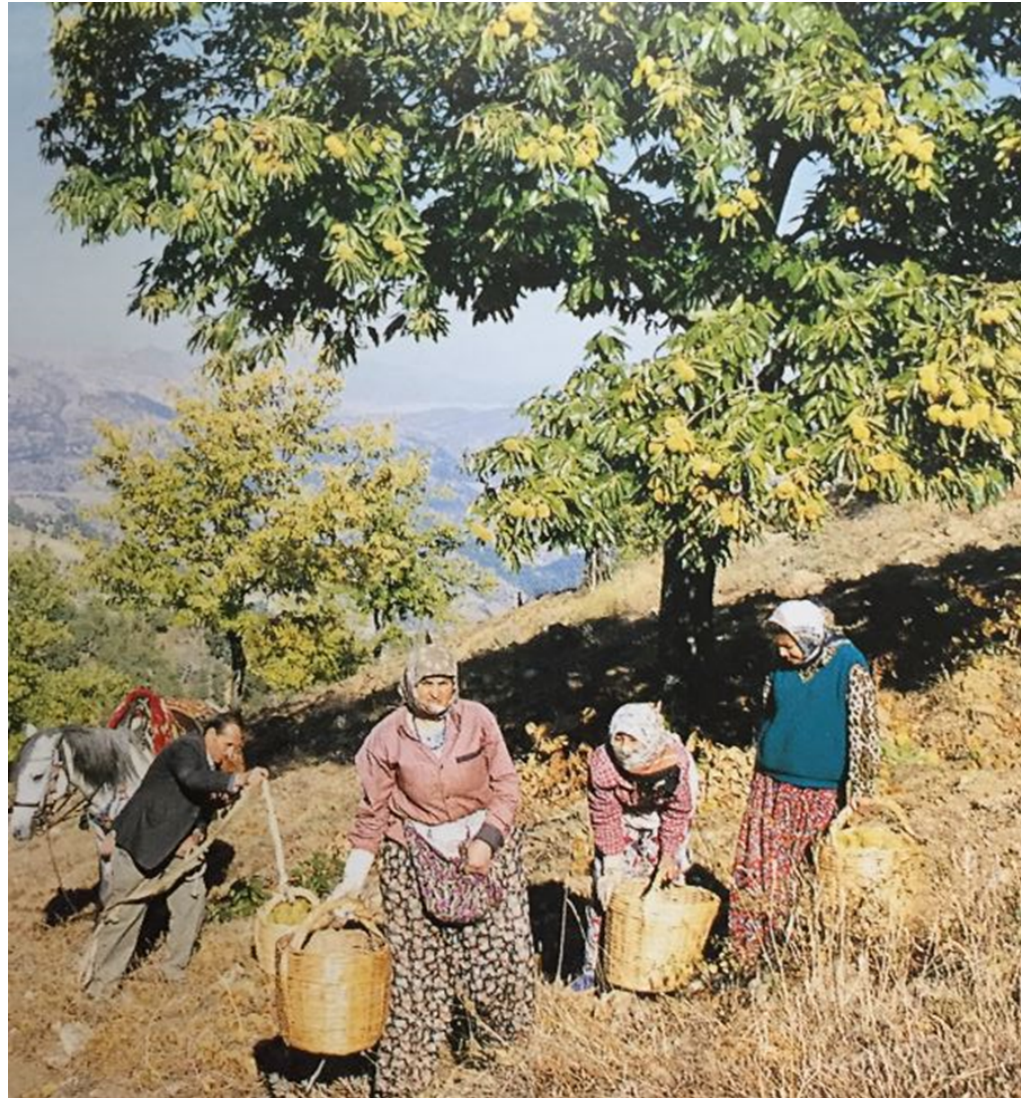
The History Of The Chestnut

- **Anatolia** - the motherland of the chestnut.
- Spread within **Greece**, then to **Italy** and other **Mediterranean** countries.
- the name '**chestnut**'
 - city of **Kastamonu**,
 - ancient city of **Castan** in the **Thessaly** region on the **Greek Peninsula**

The History Of The Chestnut

- The writings of **Xenophon** - the chestnut known in **Persia**.
- **Shakespeare's** play **Machbet** about chestnut consumption in **England**
- The chestnut - holy in ancient times.
- Prolongs life,
- The chestnut as a philter of love

The Chestnut Tree



The Chestnut Tree

- Chestnut trees - up to 500 years old and 30 meters of height.
- Grow on rocky hillsides and soils.
- Fruit after five years and its highest yield after 50 to 60 years.

The Chestnut Tree

- The biggest chestnut tree is in **Italy**, at the city of **Acireale** near **Mount Etna**
- 4.000 years old



The Chestnut Tree

- 16 different species of chestnut trees in the world.
- The most well-known :
 - **American** Chestnut,
 - the **Chinese** Chestnut,
 - the **Japanese** Chestnut and
 - the **Anatolian (European or Sweet)** Chestnut

The Chestnut Tree

- **Turkey** – 4th in the chestnut production – after **China, South Korea and Italy**.
- **The Anatolian (European or Sweet) Chestnut or Castanea Sativa, in Turkey,**

Chestnut and Cuisine



Chestnut and Cuisine

- Glacial men in the **Alps** lived 4-5 months eating just chestnuts.
- The chestnut is one of the first fruits sweat - by dipping it into honey.

Chestnut and Cuisine

- The chestnut preserves all of its vitamins while being cooked.
- being consumed
 - fresh, boiled
 - prepared as kebab,
 - candied chestnuts



Chestnut and Cuisine

- **Japan**
- **Italy**
- **France**



These three countries record the today's highest chestnut consumption.

Chestnut and Health



Chestnut and Health

- The chestnut is composed of carbohydrate, water and a very low quantity of oil
- Shows characteristics of cereal.
- Relieves both physical and mental fatigue,
- Regularizes blood circulation,
- Decreases liver fatigue,
- Stops anemia

Chestnut and Health

- 3.5 to 5 g of protein in 100 g of edible fresh chestnuts, equals the protein content of milk.
- **The American Associations of Cardiac Diseases and of Cancer** consider the chestnut in nutritional diets,
 - To decrease the risk of cardio-vascular diseases and of cancer.

Chestnut and Health

- With the vitamins, minerals and all other nutritional values contained, the chestnut is an invaluable health potion against both the negative condition of the winter season and any physical and cerebral fatigues.



The Chestnut Production Process -video-



The Chestnut Production Process



Paldies

Thank You

Grazie

Hvala

**Ευχαριστώ
(efharisto)**

Teşekkürler