



# MARCOU

## FRUITS SECS

**SAS MARCOU**  
**ZA la croix de pierre**  
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It is with family and with passion that we produce walnuts in the Lot. Our business has existed for more than 20 years and our know-how has evolved to offer quality products throughout the year. Our strength ? Be involved in each stage of the transformation of our products. With no less than 70 hectares of orchards under management, we are able to control the good management and good health of the trees, and therefore of the fruits. From harvesting the nuts to selling them, there is no intermediary. The quality of our products is constantly monitored and controlled. We also attach particular importance to contact with our customers, which, in our opinion, is an essential point that is often overlooked.



The harvest takes place in Octobre. It begins when the husk crack, i.e. the shell of the nut which opens when the fruit is ripe and falls naturally to the ground. For about 21 days the mechanical collection is done at the rate of a passage every 3 days.

Once picked up, the nuts are immediately cleaned with clean water and dried in hot air vent dryers for about 3 days. The nut must reach 12° humidity. lastly the nuts are stored under cover in wooden crates. These two steps are crucial for the correct fruit preservation. A poorly dried nut will not keep a tastes good and will deteriorate. It will become bitter and pungent. Our walnut stock allows us to work all year round, it is very important that the kernels retain their good taste.

Walnut is very good for health. It's naturally rich in antioxydant, contains omega 3 and 6, it is a source of calcium, magnesium and potassium, and has a concentrate energy into zinc, copper and iron.

