

Castanea sativa Chestnut in Romania

In Romania and in other parts of Europe, the tree is relatively easy to grow both in specialized orchards and on the outskirts or even in the middle of the forest. In orchards, can be grown both in monoculture (only copies of *Castanea sativa*), as is cultivated mainly in Maramures county or can be combined easily with other fruit species, forming mixed orchards, as is commonly grown in Banat.

The tree itself requires a mild climate with sufficient moisture, but not exaggerated. Although originating in a typical Mediterranean climate zone, chestnut can accommodate two other subclimates at submediterranean type, as in the Banat, or temperate, but moderate in the protected valleys around Baia Mare Maramures . If the climate conditions, and moisture protection, *Castanea sativa* is growing steadily, being a productive tree that has no "bad years". It is, however, sensitive to late springs, cool and too wet, and too long autumns frosts, rainy and cold. Under forest, where protected trees around it, can better tolerate even moderate shade conditions.

Uses

The name refers, of course sweet chestnut fruit of this tree are edible and are considered in some recipes for cooking (see chestnut puree), even a delicacy. There are certainly other ways to eat fruit, including ripe chestnuts are well known.

Chestnut is cultivated in many parts of Europe, being known and cultivated since the days of ancient Rome, when it was introduced gradually in areas further north than its natural range. Later, from the early Middle Ages, chestnut began to be cultivated by monks in monasteries gardens. Today, outside the orchards, centuries old copies can be found throughout Europe, from England to Romania and Italy to Germany.

Fruits, which are very tasty, especially as an ingredient used by manufacturers of chocolate and delicacies are often baked or roasted. From their fries are very popular in France, Italy and, especially, in Corsica. Baking or roasting can be either entirely or granular form, resulting in a kind of flour, which is made of chestnut puree. There are a variety of Corsican polenta (polenta or pulenta called) using the basic ingredient of sweet chestnut flour.

Tree is beautiful and durable wood, used in making furniture, barrels, fencing material or even the roof beams of buildings, such as the Alpujarra, Spain. Because of the tendency to crack in the wood and the long-time curve increased, its use in large pieces of wood is limited. Tree bark is an important source of tannin.

Composition of fruit, edible portion, 100 g

As raw substance [5]

land [6]

Water

g

50-63 11

Starch

g 23-27 41.7

Sugar

16.1 3.6 to 5.8 g

13.8 8.2 to 8.4 g fiber plant

Protein

2.5 to 5.7 6.0 g
Fats
1.0 to 2.2 3.4 g
Vitamin A
mg
12
Vitamin B1
0.2 0.1 to 0.2 mg
Vitamin B2
0.4 0.2-0.3 mg
Vitamin C
6-23 mg
Niacin
1.1 mg 2.1
Potassium
395-707 mg 738
Phosphorus
70 131 mg
Magnesium
31-65 mg
Sulfur
48 126 mg
Calcium
18-38 56 mg