



Chestnuts are considered a food that brings good luck because of its heavily armoured appearance, ensuring the inner seed (the part we eat!!) absolute protection from “external attacks”. As well as the tough shell shielding the seed, there is the protection provided by the outer prickles, the true fruit of the tree. Rural tradition has also passed down the fact that the chestnut tree was considered the tree of bread. It was, in fact, a source of raw materials and provided a certain self-sufficiency as far as food and money was concerned.