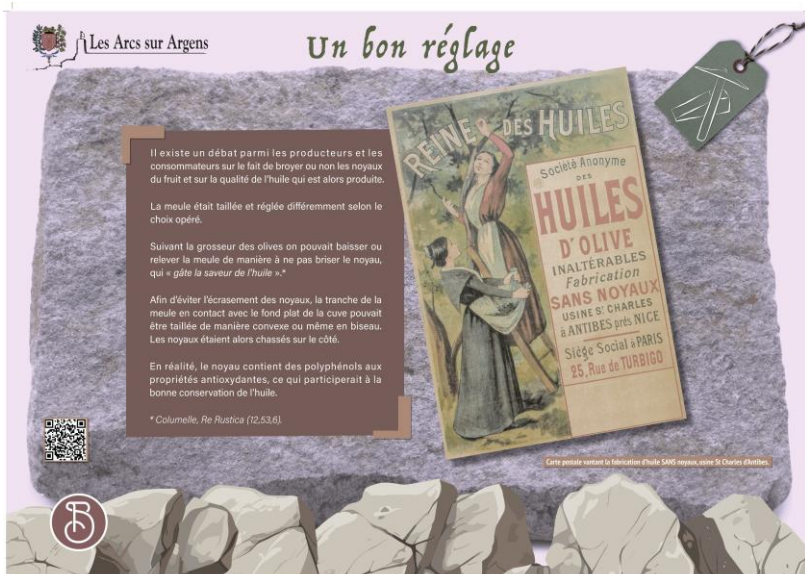


# Les Arcs sur Argens

## Sainte Cécile



## A good fine-tuning



A debate about whether or not you must grind fruit core and stem from this about the oil quality, among producers and consumers exists.

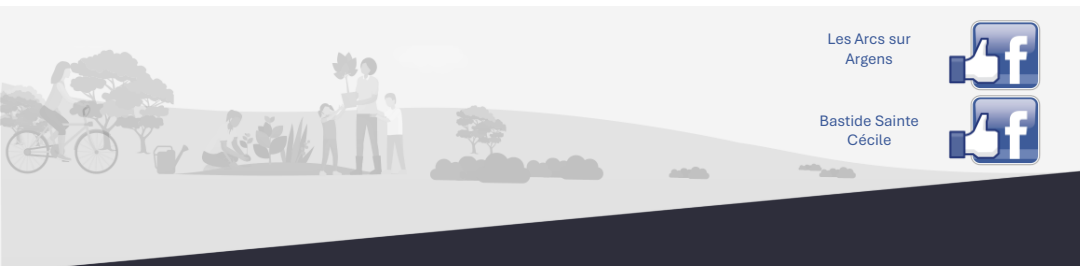
The millstone was cut and adjusted differently according to the choice made.

In compliance with the olive size, we could lower or pull up the millstone to not shatter the core, which “spoil the olive oil taste”. \*

To avoid the grinding of the cores, the millstone edge in contact with the flat bottom of the vat could be cut convexly or even beveled. The cores were then driven to the side.

The core contains polyphenols with antioxidant properties, which would contribute to the good conservation of the oil.

\*Columelle, Re Rustica (12,53,6).



Find all our news on the site of  
the Arcs town hall  
here

Place Général De-Gaulle  
83 460 LES-ARCS-SUR-ARGENS  
Accueil : **04 94 47 56 70**  
Police : **04 94 47 56 95**  
Astreinte eau : **06 76 72 78 74**  
Astreinte voirie : **06 78 52 04 86**

