

NEWSLETTER

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Plant Focus : The artichoke

The artichoke, *Cynara cardunculus* var. *scolymus* from its Latin name, is a perennial herbaceous plant native to the Mediterranean area. As a popular vegetable in our modern diet, the artichoke has been known since the 4th century B.C. and was appreciated by the Egyptians, Greeks and Romans as a food and remedy.



The part consumed, representing only 15 to 20% of its total biomass, is rich in bioactive phenolic compounds, inulin, fibres and minerals. The leaves, also rich in phenolic compounds, are used as medicinal plants and have been recognised since ancient times for their therapeutic and beneficial effects.

- **Hepatoprotective Properties.**

In vitro tests have been carried out on rat liver cells, the cynarines and caffeic acid contained in the artichoke have a hepatoprotective action which is attributed to their antioxidant activity

- **Choloretic Activity (stimulates bile production by the liver).**

Following repeated administration of artichoke extract, a significant increase in bile flow was observed on rats.

- **Action on cholesterol.**

In a trial conducted by Gebhardt, an aqueous extract of artichoke leaves inhibited cholesterol biosynthesis in dose-dependent primary rat hepatocytes. Clinical studies on patients have shown a significant reduction in cholesterol levels against a placebo following supplementation for 6 to 12 weeks.

Multiple clinical and preclinical trials have confirmed the therapeutic potential of this plant: Of all the plants used in popular medicine against liver complaints, artichoke can be considered as the most effective. Currently widely marketed in human medicine to treat liver diseases, its applications are easily transposed to the field of animal nutrition.

"Bibliographical references and sources used in the newsletter are available on request."



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Export Focus : Russia, towards food self-sufficiency ?

Born from the breakup of the Soviet Union in 1991, Russia is the largest country in the world in terms of surface area with more than 17 million square kilometers (33 times the size of France). The agricultural land only represents 10% of the total surface.

As agriculture has always been an important activity for the country, recorded investments between years 2015 and 2020 were about 21 billion euros, including 2.72 billion for the poultry sector.

Besides, the agricultural production for the year 2018 represented about 150 million tons between crops and livestock, allowing Russia to become self-sufficient within 15 years from then. The integration agroholdings are dominating the market and are very independent of the State in their decision-making.

In the poultry sector, Russia has managed to position itself as the world's 5th largest egg producer with a production of 44.5 billion units. As for chicken meat, imports have largely decreased from 1 million tons in 2005 to 150,000 tons for the year 2020.

Before the year 2012, Russia had not real cattle breeding, but following the embargo, the state had 143,000 head imported to create a herd. Since 2018, the country has the largest livestock of Black Angus breed with 600,000 heads, corresponding to an increase of 300% in 4 years.

However, being aware of the change in consumption, and aiming of exporting part of its agricultural production, Russia is turning more and more into a qualitative segmentation process with labels and small-scale breeding projects.



Flash info : False Start !

After many years of loyal service, Sylvie has reached retirement age. She still has a lot of energy and dynamism to bring to the company and it has been agreed that she will take on new projects from May 1st, particularly in the development of our Petfood markets.

The transition will be handled by Youenn Brunel, our new technical sales representative for France.

The whole Eurotec'h team wishes them success in their new challenges!

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Toute notre actualité :

