Organic oil

*High quality product, indispensable food for men, a symbol of the Mediterranean diet and boasting of Sicilian organic farming.*

Millennial civilizations and secular olive trees

In Sicily, a land kissed by the sun and caressed by the sea breeze, where nature is tinted with changing colors, from the blue sea to the gold of the wheat fields, from the rose of almond trees in bloom to the green of olive trees and vineyards from ancient times the Mediterranean civilization has reserved a place of utmost importance to the olive tree, making it a representative sign of our history and civilization, and a universal symbol of peace.

What is olive oil?

Olive oil, in reality and according to current laws, and a simple mechanical squeezing of fruit without any physical-chemical manipulation.

To obtain a squeeze of extra virgin olive oil, use only healthy and good quality olives, or those harvested by hand directly to the tree. It is necessary that the olives are cleaned by the leaves, washed and milled, within 6/12 hours of collection.

Most valuable oils are those with the brand:

img261immagine1341417688it_AOP_4c.png d.o.p. (protected designation of origin).

 i.g.p. (protected geographic identification).

In the oil label d.o.p. PGI must be clear the traceability, year of production, place of production, cultivar from which the oil was extracted and the company that produces it.

Oil evaluation elements: color, smell and taste

Color: the color is typical, green with more or less intense with marked greenish reflections tending to dark green.

Odor: the smell is typical of the fruity olive; the more experienced palates you will find reminding flavors, almond, artichoke or dried tomato.

Flavor: The flavor must be fruity from medium to high with countless varieties from light to medium / strong. The amarostic feeling is clearly distinguished from bitter taste; and occurs when the olives are harvested (burned) still not ripe. The amarostic, or spicy sensation, depends on the cultivar or the quality of the olive. The spicy and supported by the phenolic poles is stronger in the oil obtained from the cerasuola or the nocellara del belice.

The medical properties of olive oil

Organic olive oil extra virgin olive oil, a symbol of the Mediterranean diet, is boast of Sicilian agriculture. An essential element of the Mediterranean Diet now followed throughout the world is a substance rich in nutrients and micro-elements useful in preventing and treating of many diseases. They are key substances .... tocophenols phytosterols and steroid hormones, polyphenols and vitamin E.

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It maintains the rate of colesterol in blood and arterial pressure by reducing the risk of occlusion of the arteries, myocardial infarction, stroke and arteriosclerosis. Reduces blood sugar and the effects of cell aging.

Substances contain an antioxidant action, increase bilious secretion in order to make digestion easier, have a beneficial gastrointestinal effect and finally a bleak laxative and duretic effect.

Oil storage

It is advisable for a good storage of stainless steel holders, well-sealed in fresh and dry environments. the enemy of oil, is the light and the air. If incorrectly stored, the oil goes to oxidation: first it loses the taste and the scent, after it becomes rancid.

Oil can be consumed immediately, and it is just the product that expresses the best of its characteristics, perfume, flavor and color.

Oil may release so called soils, it is advisable to dissipate in late December and late March by aspiring them. To optimize your product.

*"The conclusion, what is needed to make a good oil?*

*Just do, harvest and work olive honestly with the concept of the good father of the family. "*

*in the months of October and November you can take part in the collection of olives and the novel oil festival.*