



Co-funded by the
European Union

Foodscapes as a mirror of environment and culture – A Journey Through Gastronomy, Environment and Identity

Source: <http://amazingearth.me/tag/apple/>



18-22 May

2026



OLIVE OIL IN THE WORLD



OLIVE OIL

Olive oil is a liquid obtained from olives (the fruit of *Olea europaea*; family oleaceae), a traditional tree crop of the Mediterranean Basin. The oil is produced by pressing whole olives. It is commonly used in cooking, whether for frying or as a salad dressing. It is also used in cosmetics pharmaceuticals , and soaps , and as a fuel for traditional oil lamps ,and has additional uses in some religions. There is limited evidence of its possible health benefits. The olive is one of **three core food** plants in Mediterranean cuisine the other two are wheat and grapes Olive trees have been grown around the Mediterranean since the 8th millennium BC.



Source:<https://3.imimg.com/data3/BE/KX/MY-364767/extra-virgin-olive-oil-250x250.jpg>



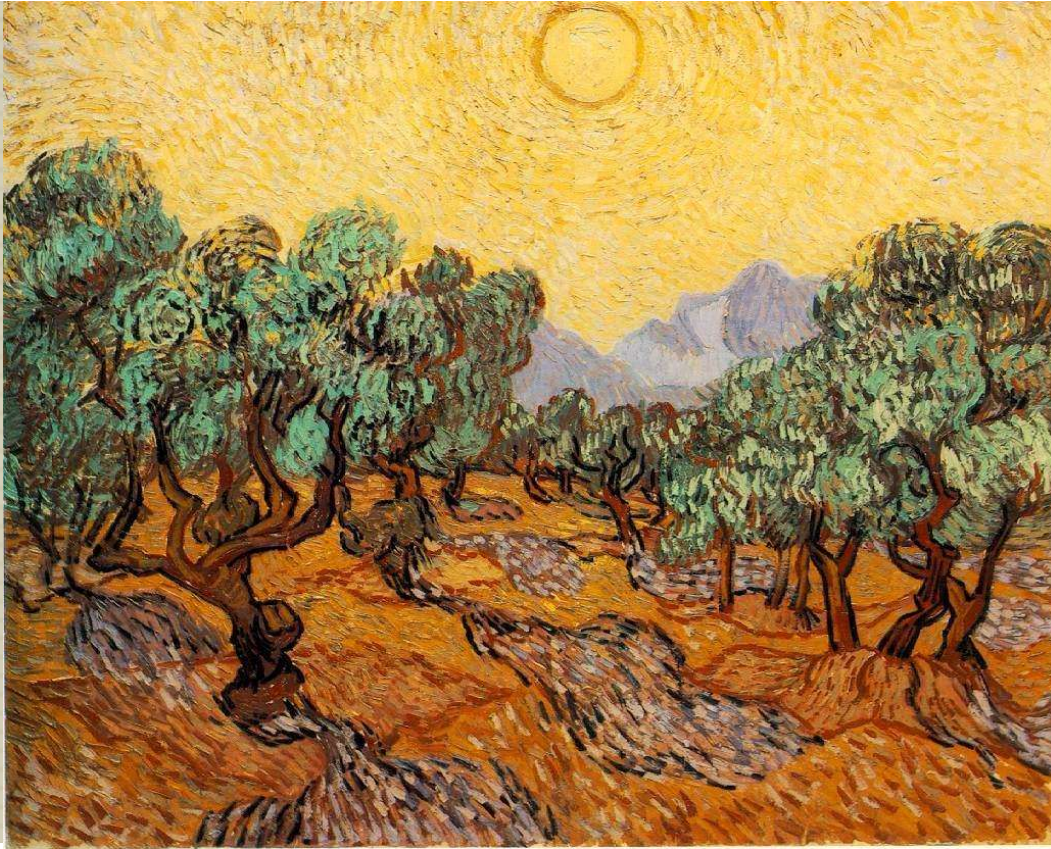
Source:<https://lifespa.com/wp-content/uploads/2017/03/lifespa-image-different-size-bottles-of-olive-oil-and-olives.jpg>

The History of OLIVES

- The cultivation of olive trees originated a long time ago in the area which includes the Armenian Highlands, Pamir and Turkestan from where it was spread to the Mediterranean shores.
- Olive growing was practiced in Crete during the Minoan age (3000-1500 B.C.), in Egypt in 2000 B.C. and in Palestine in 1000 B.C. Preserving and exporting olive oil originates from the Crete Islands.



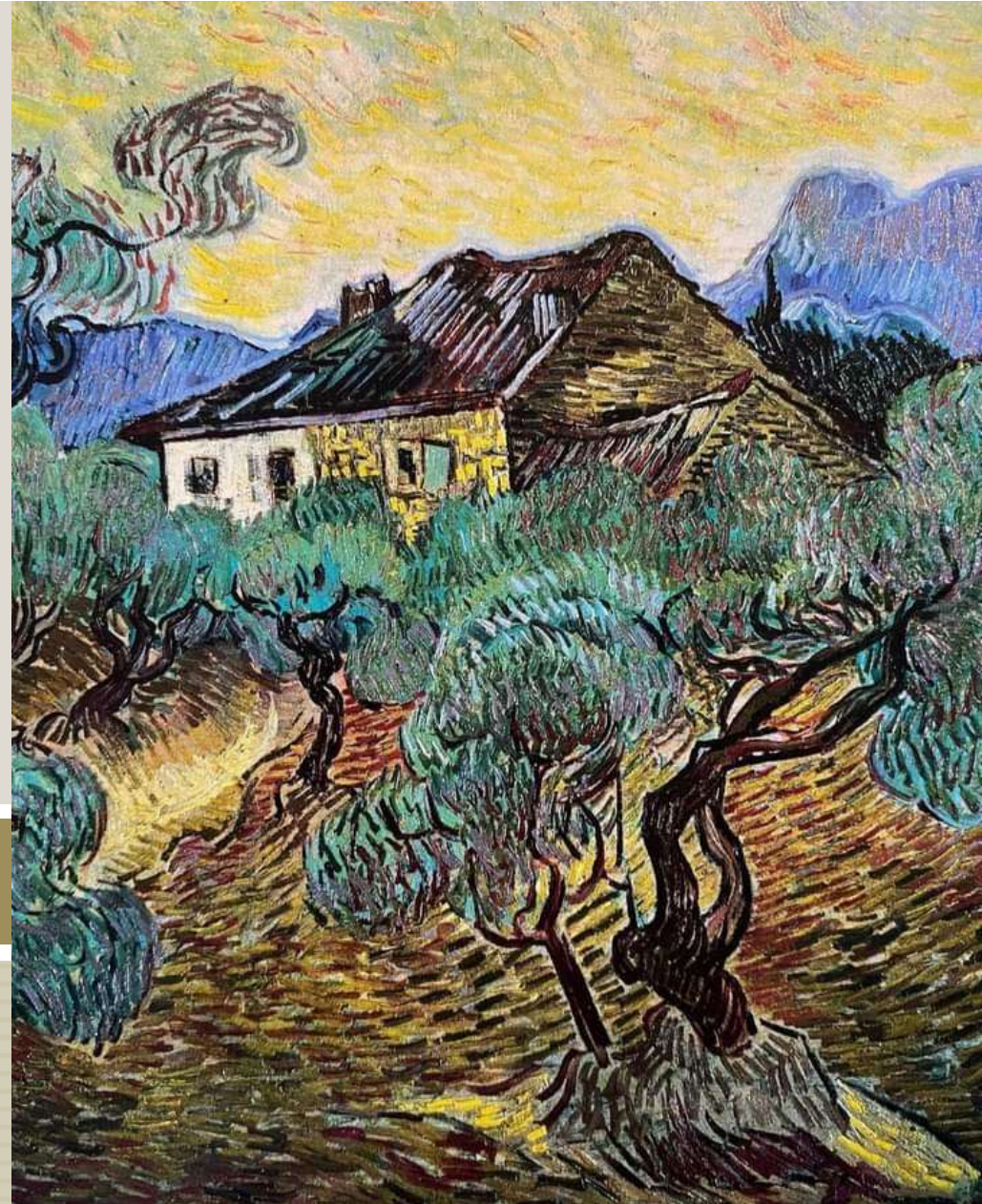
Olive Trees with Yellow Sky and Sun



୭. ଉତ୍ତମ ପୁସ୍ତକ

1889

"House by Olive Grove,"

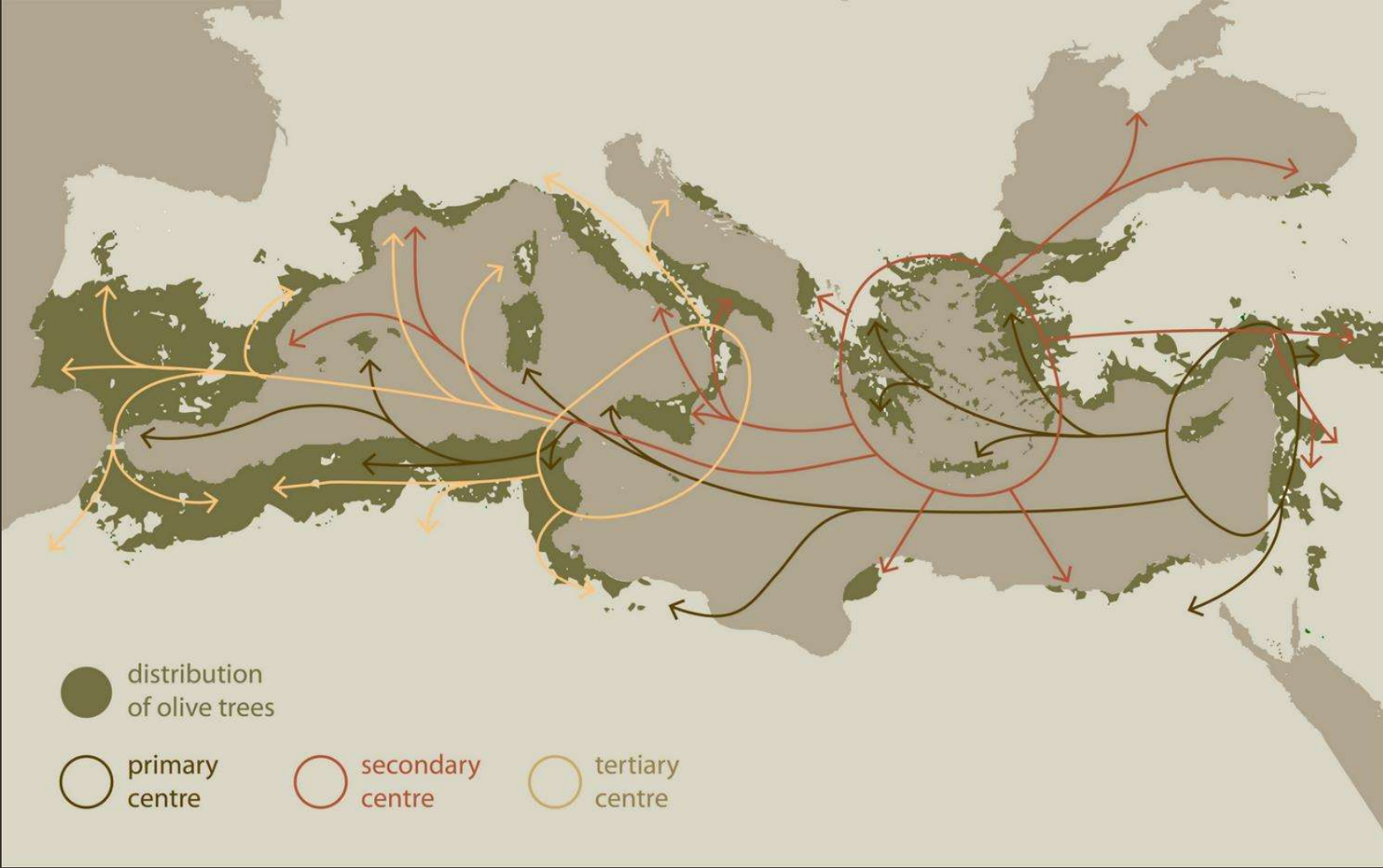


Vines and
Olive Trees,
Tarragona

ଜିଭନ ଲାଓଡ

1919





[HTTPS://WWW.REDDIT.COM/R/MAPPORN/COMMENTS/JS7SR0/ROUTES_OF_OLIVE_TREES_IN_THE_MEDITERRANEAN_BASIN/](https://www.reddit.com/r/MAPPORN/comments/js7sr0/routes_of_olive_trees_in_the_mediterranean_basin/)

Centuries-old olive trees

In Italy there are a lot of old olive trees especially in Apulia where they are really important for natural heritage, in fact there are about **15 million** centuries-old olive trees and some exceed the thousand years. This year some ancient olive groves have been nominated to become World Heritage Site by Unesco. They have a very large trunk and they usually show irregularities caused by the various damages suffered over the time, some of them present such big cavities which would allow us to go inside. In Sicily there are **Saracen olive** trees planted by the Arabs more than a thousand years ago.

Types of OLIVES

1. Agrinion Olives

2. Alfonso

3. Amfissa

4. Arauco

5. Arbequina

6. Beldi

7. Castelvetro

8. Cerignola

9. Cobrancosa

10. Cordovil

11. Gaeta

12. Galega

13. Gemlik

14. Gordal

15. Kalamata

16. Leccino

17. Ligurian

18. Lugano

19. Lucques

20. Manzanilla

21. Mission Olives

22. Nicoise

23. Nyon

24. Picholine

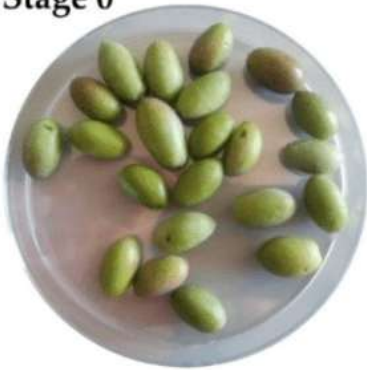
25. Picual

26. Verdial

There are hundreds of varieties growing throughout the world, and they all have a unique appearance, taste, and texture.

However, if you're like most people, you probably only know two types of olives; “**green**” and “**black**.”

Stage 0



Stage 2



Stage 4



Stage 7



Olives growers are sometimes asked whether they grow green or black olives, as if the colours represented two different varieties rather the maturity of the fruit: every olive will turn from **green** to **black** as it ripens.

Ripenes

stages



Agrinion Olives

Agrinion olives come from the Agrinion region of Greece, close to the West sea.

They are the medium to large fruit of the Conservolea tree, one of the oldest olive trees in the world.

Although they often sell as light green olives, they come in all shapes and sizes, and they are available in green and black form.

These particular olives have a fruity and tangy taste and a firm outer but a very soft texture.



. Source :
<https://www.nutritionadvance.com/types-of-olives>



. Source :
<https://www.nutritionadvance.com/types-of-olives>

25%

OF THE TOTAL TABLE OLIVE
PRODUCTION OF GREECE



<https://www.konstolymp.gr/table-olives/conservolea-variety>

Arbequina

Hailing from Catalonia, these Spanish olives are one of the most famous olive varieties in the world.

Although they originate in Spain, Arbequinas now grow throughout the world in places such as Australia, Argentina, Chile, Peru, and the United States.

They are also one of the more unique-looking olives as they have a light-brown exterior color. In addition to their unusual appearance, they have a firm flesh and a deliciously light and fruity taste.



Source <https://www.nutritionadvance.com/types-of-olives/>



Source <https://www.nutritionadvance.com/types-of-olives/>

Beldi

Another interesting variety is the Beldi, a small and fruity olive which hails from Morocco.

Olive farmers harvest fully-matured Beldi late in the season when they offer a rich and intense taste.

Following this, the olives are dry-cured with salt and then packed in oil.

They have a soft and chewy texture similar to other sun-dried fruits such as persimmons and tomatoes.

As a result of the delicious, deep and intense taste, they are worth trying.

These Moroccan olives are great for a cheese platter. Additionally, due to their strong flavor, they work well as a flavor-enhancer in various dishes.



. Source

<https://www.nutritionadvance.com/types-of-olives/>



. Source <https://www.nutritionadvance.com/types-of-olives/>

Castelvetro

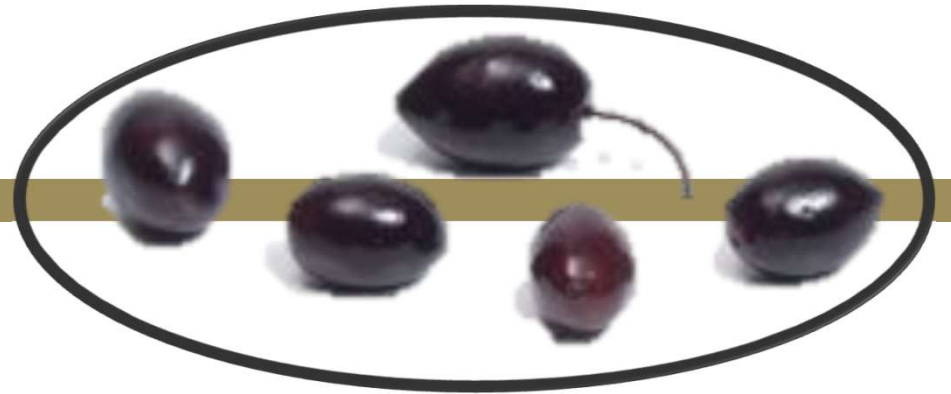
Castelvetro olives come from Sicily in Italy. They are renowned for being one of the best-tasting olives in the world, and their appearance is a striking bright-green color. The Castelvetro is medium-large in size, and typically comes pitted in a salty brine. These Italian olives have a firm flesh, but they are soft on the inside and somewhat similar to an avocado's buttery texture.



. Source of both photos :
<https://www.nutritionadvance.com/types-of-olives/>

Galega

- ❑ Galega is the most popular Portuguese olive variety.
- ❑ They are some of the sweetest types of olives available and have a soft fruity taste.
- ❑ Unlike the other Portuguese olive cultivars, we can usually (but not always) find this variety in whole-fruit form.
- ❑ Producers brine cure these olives and then marinate them in salt, olive oil, red wine vinegar, and oregano.
- ❑ Acclaimed for its soft notes of apple, producers export the Galega around the world in pure form and as an award-winning oil.



. Source : <https://www.nutritionadvance.com/types-of-olives/>

Cobrancosa



These medium-sized green olives are growing throughout Portugal, but mainly in the Northern regions. They provide a very light, fruity flavor with a slight hint of spiciness.

More than anything else, they are renowned for their great-tasting premium olive oil.

However, they are also available in their whole fruit form and come packed in brine.



Source : <https://www.nutritionadvance.com/types-of-olives/>

Gemlik



Gemlik olives mark the first appearance of a cultivar from **Turkey**, and they grow in the Zeytinbazi region in the North.

These Turkish olives are internationally renowned for their high oil content and deep, flavorful taste.

Concerning their appearance, they are small to medium in size and jet black.

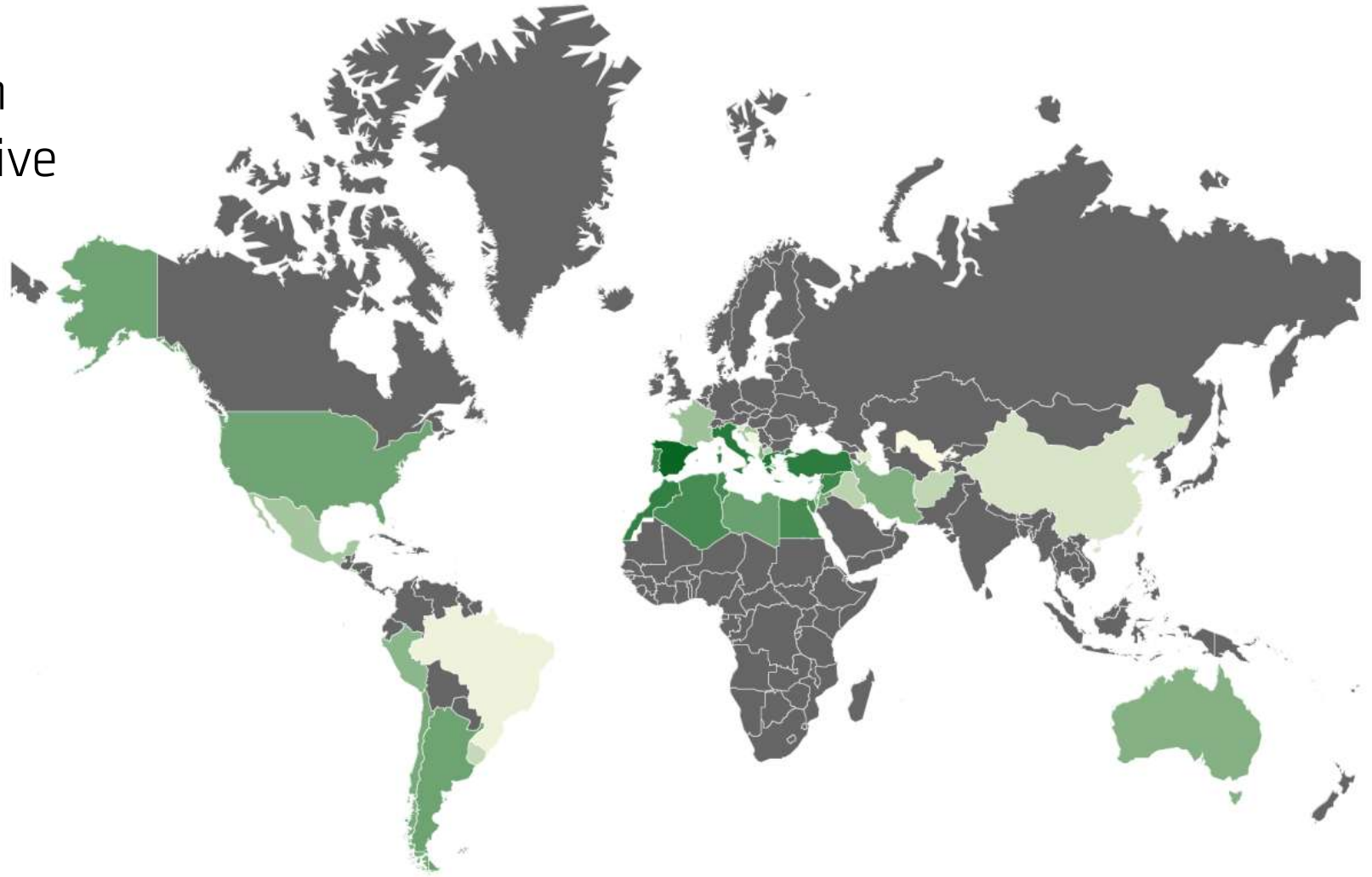
Growers produce Gemlik olives predominantly for use as a table olive, but oils are available too.



. Source : <https://www.nutritionadvance.com/types-of-olives/>

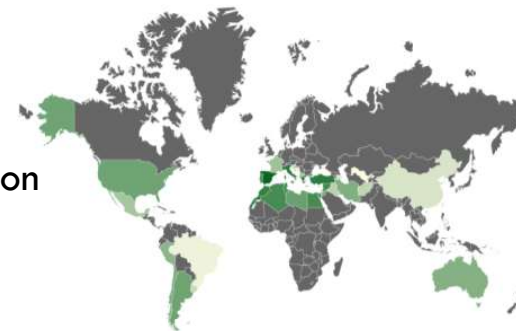
Top Producers









countries -leaders in
the production of olive
oil products.




Top Producers [2021]

Countries by Olives Production



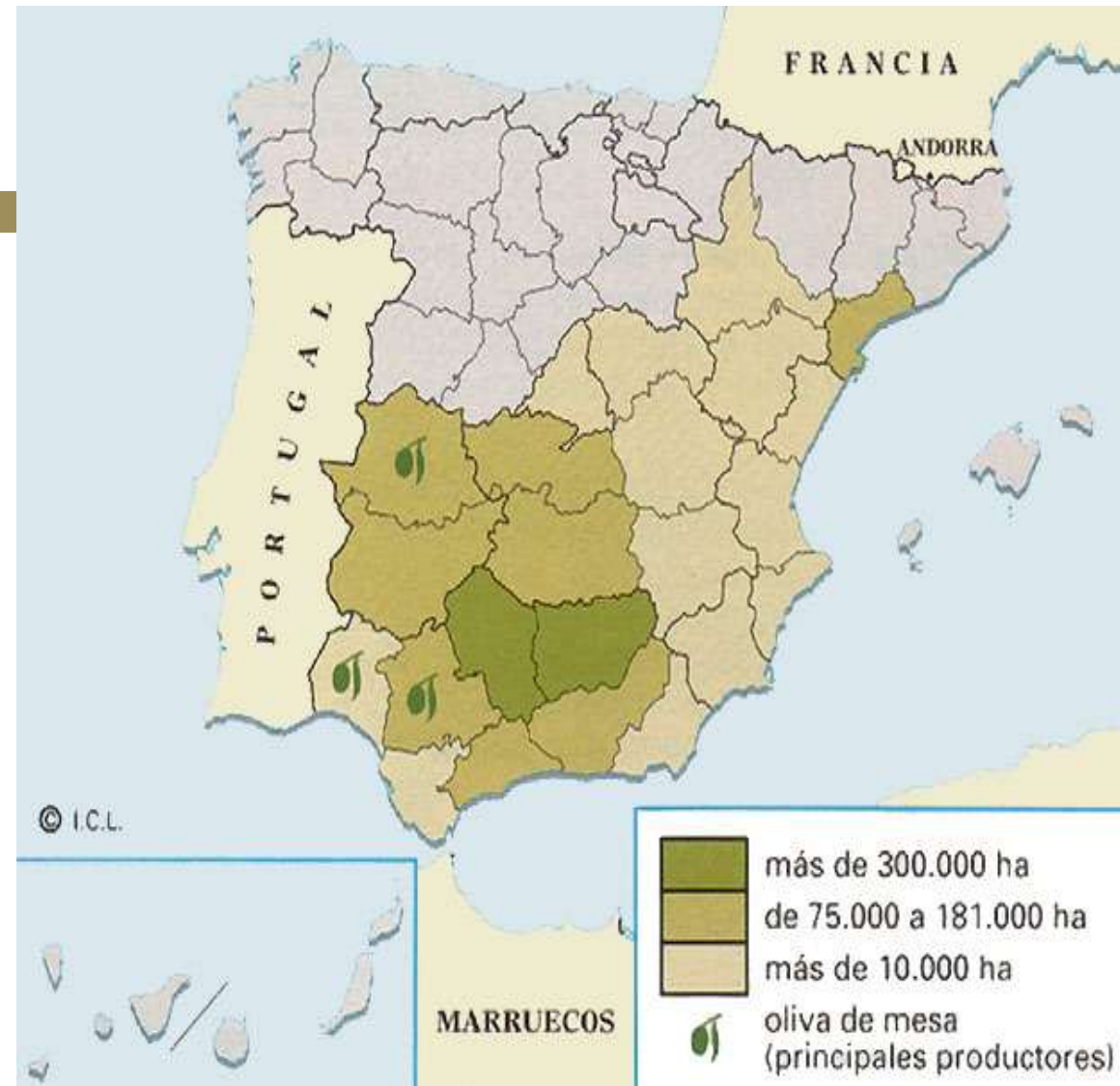
	Country	Production (Tons)	Acreage (Hectare)
	Spain	6,559,884	2,573,473
	Greece	2,343,383	887,177
	Italy	2,092,175	1,165,562
	Turkey	1,730,000	845,542
	Morocco	1,416,107	1,008,365
	Syria	899,435	765,603
	Tunisia	700,000	1,646,060
	Algeria	696,962	424,028
	Egypt	694,309	67,293
	Portugal	617,610	355,075

	Libya	188,975	357,797
	Argentina	175,094	61,942
	USA	159,600	14,164
	Lebanon	118,146	62,297
	Jordan	115,813	63,963
	Chile	111,481	20,343
	Albania	99,075	38,889
	Palestinian Territories	95,044	66,645
	Israel	91,000	33,700
	Iran	85,049	66,915

	Australia	75,083	32,747
	Peru	56,157	17,119
	Croatia	31,183	18,184
	France	27,102	17,354
	Mexico	21,650	5,094
	Cyprus	13,499	10,612
	Macedonia	12,369	5,852
	El Salvador	10,840	5,227
	Iraq	9,332	2,294
	Afghanistan	7,647	2,200

1. Spain- 1,059,194

Spain produced an average of 1,059,194 tons of olive oil from 1994-2013 according to data by FAOSTAT which makes it the world's leading olive producer. Spain produces on average about 44% of the world's supply of olive oil each year. The climate and geography in Spain favor the cultivation of olive oil. A large percentage of olive oil production in Spain occurs in the Andalusian region where it produces about 75% of the country's total production. Cordoba and Jaen are the major olives producing Provinces. Olive oil varieties produced in the region include Picudo, Hojiblanca, Lechin, Verdial, and Picual.

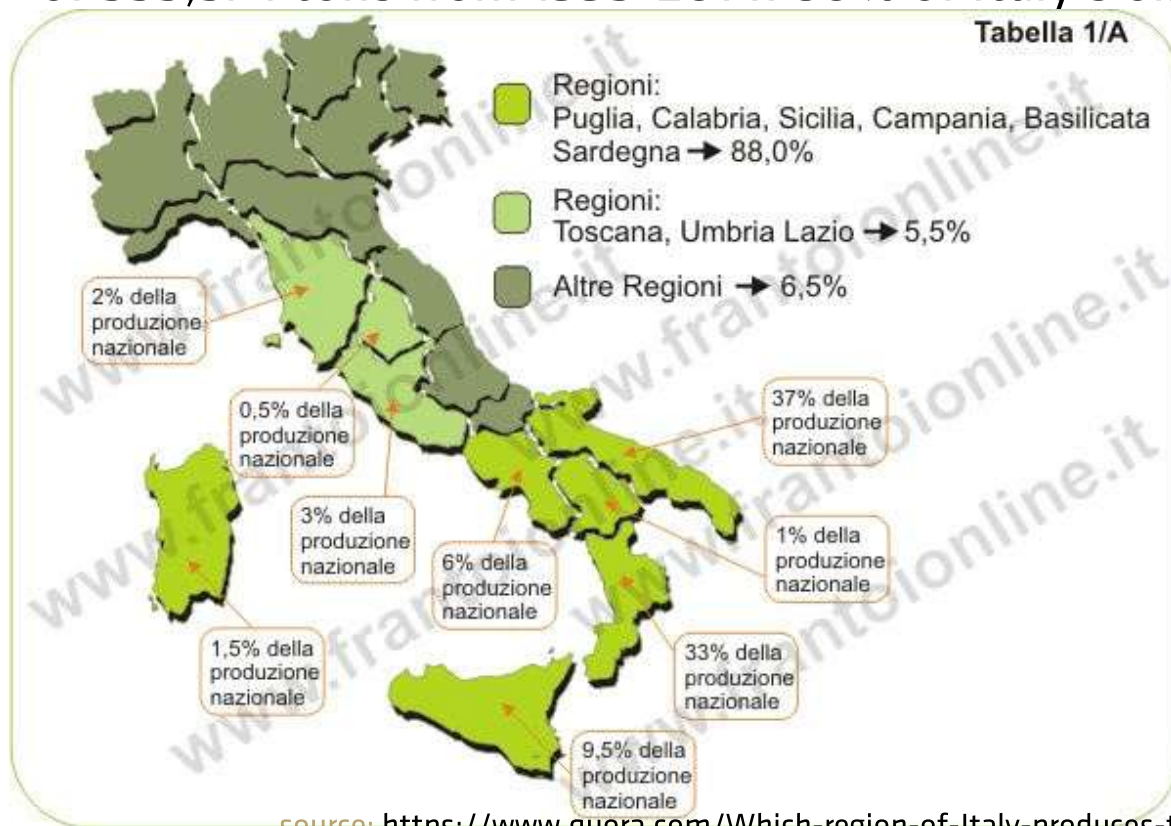


source: <http://www.prosodol.gr/?q=node/454>

2. Italy - 557,574

Italy has the second biggest production of olive oil in the world with an average production of 555,574 tons from 1993-2014. 80% of Italy's olive oil production is

concentrated in the Southern region in areas such as Puglia, Sicily, Basilicata, Sardinia, and Calabria. The temperatures in these areas are warm making them suited for the cultivation of olive oil. Italy uses olive oil domestically and even exports some to international markets such as the US, Brazil, China, Austria, and Canada.

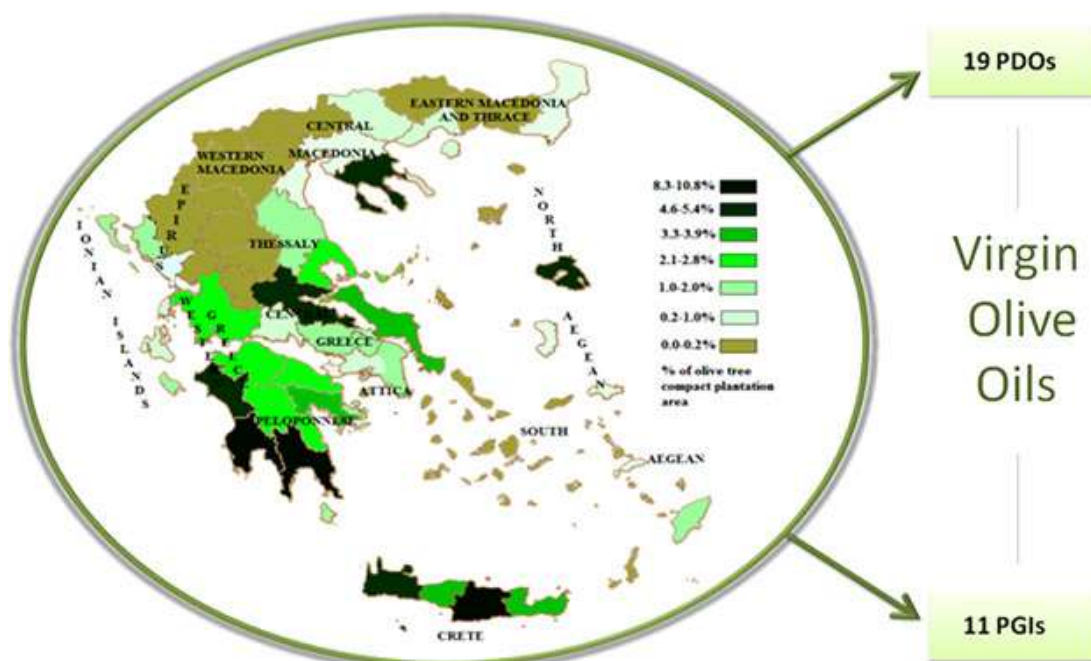


source: <https://www.quora.com/Which-region-of-Italy-produces-the-most-olive-oil>

3. Greece - 344,615

In 2013, Greece contributed to 11% of the world's olive oil production. As per the data collected by FAOSTAT, Greece produced an average of 344,615 tons of olive oil from 1993-2014 making it the third largest olive oil producer.

In Greece, approximately 20% of the total cultivated land is used to grow olives (60% of trees covered area). The Peloponnese region in Greece produces the country's highest percentage of olive while Crete and Aegean come second followed by the Ionian Islands. There are over 2,800 olive oil mills in the country that extracts its olive oil from native olives. About half of the amount of olive oil produced in Greece is exported while the remaining amount is used locally, mostly for



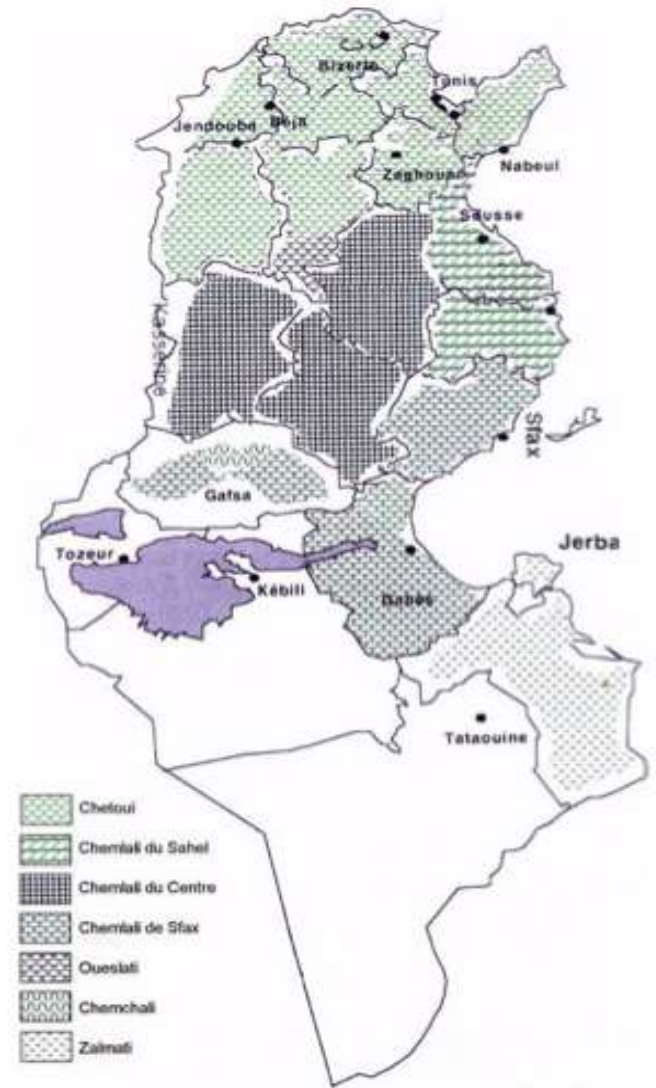
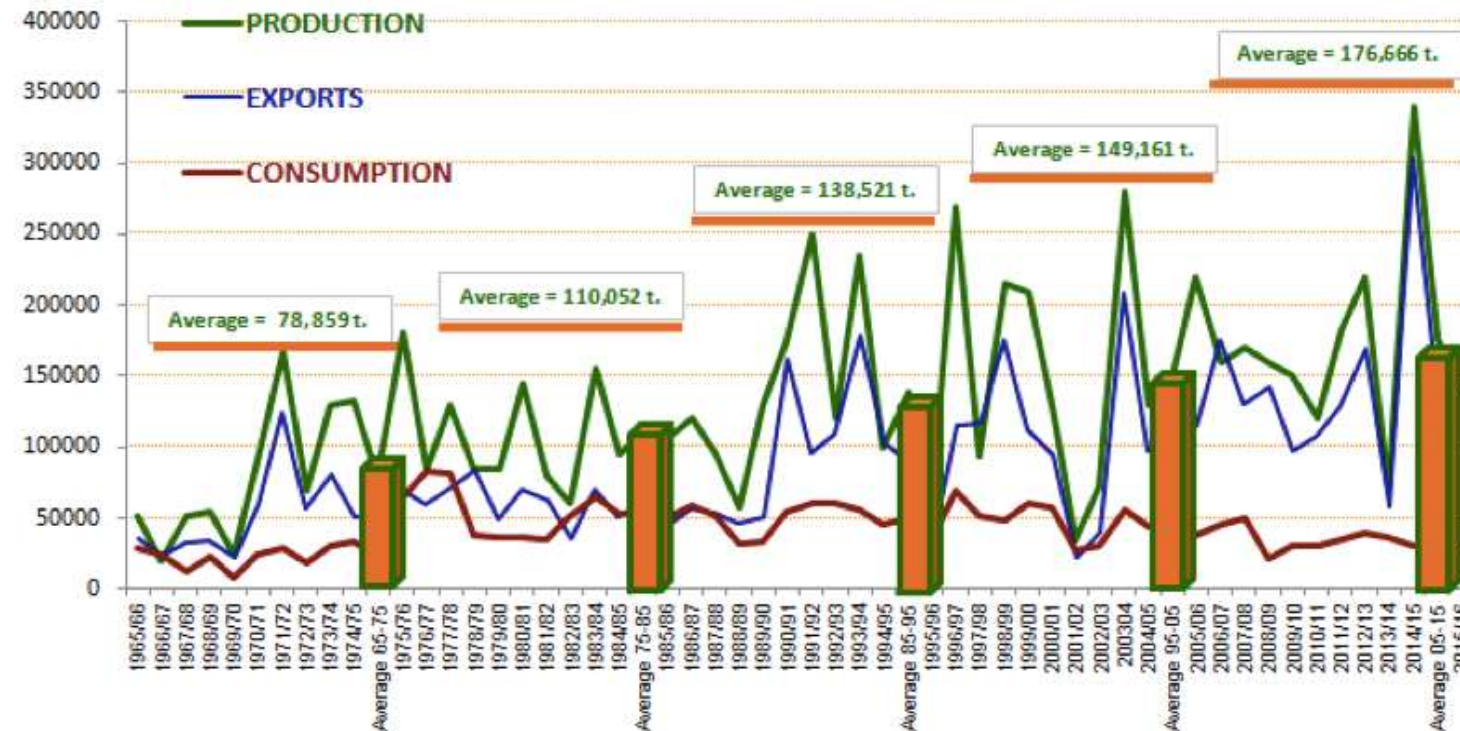
Tunisia - 159,990

Coming fourth on our list is Tunisia with an average of 159,990 tons of olive oil produced from 1993-2014. Olive growing is Tunisia's main agricultural activity and contributes to more to the country's economy. There are more than 1,700 oil mills in the Tunisia. The highest olive oil production in the country was witnessed in the 2014/2015 financial year when 340,000 tons were produced. 80% of the olive oil produced is exported to foreign markets.



source
::<http://www.oliofficina.net/knowledge/economy/olive-growing-in-tunisia.htm>

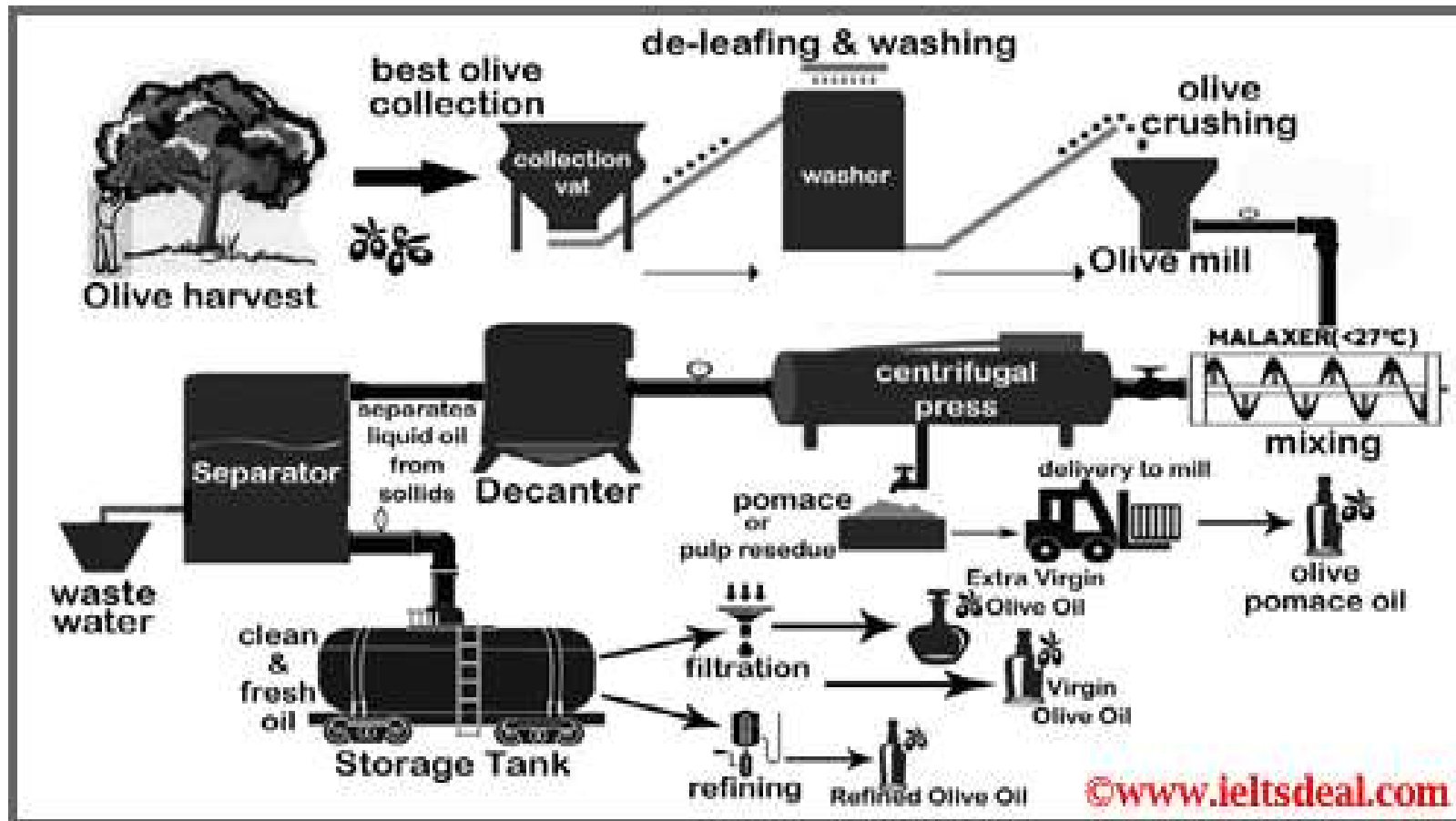
Tunisia - 159,990



source

<http://www.oliofficina.net/knowledge/economy/olive-growing-in-tunisia.htm>

Processing steps: from olive to extra virgin olive oil



Harvesting

the first step is collecting olive from the trees. You can use unripe green olives or ripe black olives. Harvesting the olive could be in two ways; traditional or modern as it is clear in the pictures.



[source : https://i.ytimg.com/vi/2kLpwsheKJE/maxresdefault.jpg](https://i.ytimg.com/vi/2kLpwsheKJE/maxresdefault.jpg)

OLIVE MILL

After the olives are collected , they are delivered to a mill for processing. First, olives are separated from branches, leaves and debris and washed with water. Next, they are crushed to form a paste.



source

[:http://www.pieralisi.com/arg/Viewdoc?co_id=307.](http://www.pieralisi.com/arg/Viewdoc?co_id=307)



source :https://fr.123rf.com/photo_41187582_la-production-de-pétrole-machines-ancien-d-olive-moulin-en-pierre-et-appuyez-sur-mécanique-moulin-à-hu.html

Press Time

After olives are picked, any leaves, twigs, and stems are removed, and the olives are washed. Then it's time for pressing. Back in the old days, processors used stone or granite wheels to crush the olives.

Today, stainless steel rollers crush the olives and pits and grind them into paste. The paste then undergoes malaxation, a process in which water is slowly stirred into the paste. Malaxation allows the tiny oil molecules to clump together and concentrate.

The mixture is stirred for 20 to 40 minutes.



source: <https://www.findingreece.com/traditional-olive-press/>

Modern systems use closed mixing chambers filled with a harmless gas to prevent oxidation. This method increases yield and flavor and preserves quality.



source: <http://www.theolivecentre.com/Olive-Equipment/OLIOMIO-olive-OIL-EXTRACTION/About-Oliomio-Olive-Oil-Processing.html>

Kneading

After pressing the olive paste is subjected to the kneading operation which consists of a continuous and slow mixing of the dough.

The kneading phase is an essential moment for the subsequent extraction of the oil from the olive paste. In fact, the kneading allows the olive paste to reach the optimal temperature in which the natural enzymes present are able to fully activate.



source:

<https://www.mcevoyranch.com/traditional-blend-olive-oil-375-ml-1040>

The extraction phase

consists in the separation of the oil
from the solid fraction.

This phase can be performed for:

**Pressure;
Centrifugation;
Percolation.**



To obtain 1 liter of extra virgin olive oil, 5 to 6 kg of olive are required, approximately 5200 to 8000 olives.

source : <https://phys.org/news/2015-05-olive-oil.html>

STORAGE AND PACKAGING

The storage is done in stainless steel tanks, some of which incorporate nitrogen to prevent oxidation of olive oil. It is very important to store olive oil in a dark cool place , It should also be kept in a dark bottle because the light causes its rancidity and worsens its taste .

To obtain 1 liter of extra virgin olive oil, 5 to 6 kg of olive are required, approximately 5200 to 8000 olives.



The substances of Olive Oil

- Squalene
- Phenols
- Vitamine K
- Vitamin E
- Oleocanthal
- Antioxidants
- Chlorophyll (Green)
- Carotenoids (Yellow red)



Health Benefits of Olive Oil

In addition to the flavor it adds to your food, olive oil is also one of nature's healing wonders. This liquid gold works to keep hearts healthy, may reduce inflammation and the risk of certain cancers, and might even play a role in controlling diabetes and weight. This is because olive oil is a monounsaturated fat, which lowers bad cholesterol without affecting good cholesterol.



[source:https://www.lybrate.com/topic/benefits-of-olive-oil-and-its-side-effects](https://www.lybrate.com/topic/benefits-of-olive-oil-and-its-side-effects)

OLIVE Trees

- Olive Tree is a tree native from the Asia Minor, typically cultivated along the entire coast of the Mediterranean Sea from ancient times. A tree characterized by a slow development, taking between 5 to 10 years to give the first fruits and only reaches its maximum productivity between its 35 to 150 years.



The oldest olive trees

Source:

<https://discoverunearthed.com/worlds-oldest-olive-tree/>

OLIVE

Trees

Olive Tree of Vouves.

This 3000 to 5000 year old tree from Crete, Greece. About 20,000 people visit this olive tree every year. You can also go to the website of the Olive Tree Museum of Vouves,



Source: <https://fincahermosa.com/hermosa/en/oldest-olive-trees-the-world/>

OLIVE Trees



Source: <https://fincahermosa.com/hermosa/en/oldest-olive-trees-the-world/>

Noah's sisters, Lebanon
In the village of Bechealeh in Lebanon you can find a group of sixteen olive trees. These sisters are thought to be 6,000 years old. Locals say that these trees are the source of the olive branch that the pigeon brought to Noah after the flood. Noah's sisters are planted at an altitude of 1,300 meters. They still produce olives



1220 km
Is it
possible?

OLIVE oil

Have you ever wondered how Olive Oil is made or how many varieties there are? Have you ever wanted to taste Olive Oil straight from the press? Then 'Olive Oil tourism' is for you. Olive Oil tourism aims to teach those who are interested about its history, characteristics and production.



source: <https://oddviser.com/greece/crete/olive-oil-experience-tour>

Relationships with other forms of tourism

The connection between oil tourism and food tourism is obvious, to the point that some experts consider the first one as a specific niche tourism included in the second one, experts identify some points of contact also with other forms of tourism: **industrial, health, ethnographic, archaeological and cultural (in general)**.

Olive oil tourism is close to industrial tourism because it invests in «productive processes that, maintaining the same ingredients, have undergone a long evolution over the centuries». And it is close to health tourism because «there is plenty of touristic offers in which olive oil is used for health purposes, associated to thermal treatments, massages or special dietary regimes».

With regard to the relation with ethnographic tourism, the expert points out that «several permanent exhibitions have been set up to promote olive oil as a quality product, distinctive of a specific lifestyle and with specific beneficial properties».

As for the connection with archaeological tourism, Ruiz Guerra cites «the case of the finds somehow linked to the olive world, as the case of the Monte Testaccio in Rome, formed by the remains of the amphoras in which the oil were transported from the provinces to supply the capital of the Empire».

The affinities with cultural tourism can be outlined if we define the latter as a «touristic journey aiming at knowledge, understanding and enjoyment of the set of distinctive, spiritual, material, intellectual and affective features that characterize a society or a social group of a certain destination», explains the academic.



INTERNATIONAL
OLIVE
COUNCIL

the world's intergovernmental organization created in 1959 under the patronage of the United Nations.

Ruiz Guerra speaks explicitly of oleoculture and asserts that olive oil *«is mainly characterized as an element of cultural heritage because it is a product with great presence in the historical becoming of a particular geographical area (the Mediterranean one) since the tertiary era»*.

With regard to cultural heritage, olive oil is one of the cornerstones of the **Mediterranean Diet**, recognized in 2010 by UNESCO as an Immaterial Cultural Heritage of Humanity with the following motivation:

“The Mediterranean Diet is much more than simple food. It promotes social interaction, as the common meal is at the basis of social customs and shared festivities for a given community, and has given rise to a remarkable corpus of knowledge,

songs, mottos, tales and legends. The Diet is based on the respect for the territory and biodiversity, and guarantees the maintenance and development of traditional activities and professions related to fishing and agriculture in the Mediterranean communities»

The cultural significance of olive oil – continues Ruiz Guerra – is also related to the artists who have evoked it in their works and their representations over the centuries, they can be archeological evidences, literary, pictorial, plastic or craft.



<http://magazine.6tour.com/en/2017/06/turismo-dell-olio/>

Ruiz Guerra - professor at the Complutense University of Madrid, in an article titled “Olive oil as a tourist resource: conceptual framing”, published in *Olivae*, the official journal of the International Olive Council , the world’s intergovernmental organization created in 1959 under the patronage of the United Nations.

OLIVE oil *Tourism*

- Olive oil tourism is the possibility to discover, in a place other than the habitual residence, the environment conditions, characteristics, production systems, history and to taste and buy olive oil directly from the companies producing it.
- For the producer the activity of olive oil tourism means to pedagogically illustrate the entire process of obtaining olive oil, from olive groves to bottling and labeling for sale, and to explain the consequences of the process on the environment in which it takes place.
- Spain is the main destination for this type of tourism because it's the largest olive grove in the world .

Main tourist resources associated with olive oil:

- opening to the public of used and / or disused mills
- visits of olive oil farms
- traditional olive groves landscapes
- eco olive groves
- secular olive trees
- olive oil and / or olive museums
- olive oil and / or olive monuments
- oil fairs and popular traditions
- fairs / olive oil markets
- olive oil winery and specialized shops
- restaurants with olive oil list
- gastronomic districts
- archaeological areas
- laboratories and / or cosmetic industries



<http://magazine.6tour.com/en/2017/06/turismo-dell-olio/>

Ruiz Guerra - professor at the Complutense University of Madrid, in an article titled "Olive oil as a tourist resource: conceptual framing", published in *Olivae*, the official journal of the International Olive Council

Example of Some Touristic Activities related to Olive Oil in Spain

The slogan for the promotional and informational programme co-funded by the Spanish Olive Oil

Interprofessional Association, the EU and the Spanish Ministry of Agriculture, Fisheries, Food and the Environment. The programme was in effect for three years (2013-2016), with the aim of raising awareness among consumers of the different Olive Oils produced in the European Union. Spain, which has more than 200 olive varieties, leads the way as the world's foremost producer of olive oil. The idea was to get Spanish consumers, as well as foreign visitors who choose Spain as their holiday destination, to learn how to use each one of the commercial categories of olive oil in the kitchen (extra virgin, virgin and olive oil) and make the best use of the main single-variety extra virgin olive oils (arbequina, cornicabra, hojiblanca and picual) so that, by using the different varieties, every meal becomes a real experience for the senses, with colours, textures, flavours and aromas. For this purpose, a set of experiential activities were designed to bring consumers into closer contact with the oils, their aromas and flavours. For example, 50 carts of Olive Oils journeyed through Spain's major cities, including those of special interest to tourists; Olive Oil Week events were opened to the general public in Madrid, Seville and Malaga; and school workshops were held to introduce more than 30,000 children to the culture of Olive Oils. These activities were supported by, and received culinary guidance from, Olive Oils ambassador, chef Juan Pozuelo.

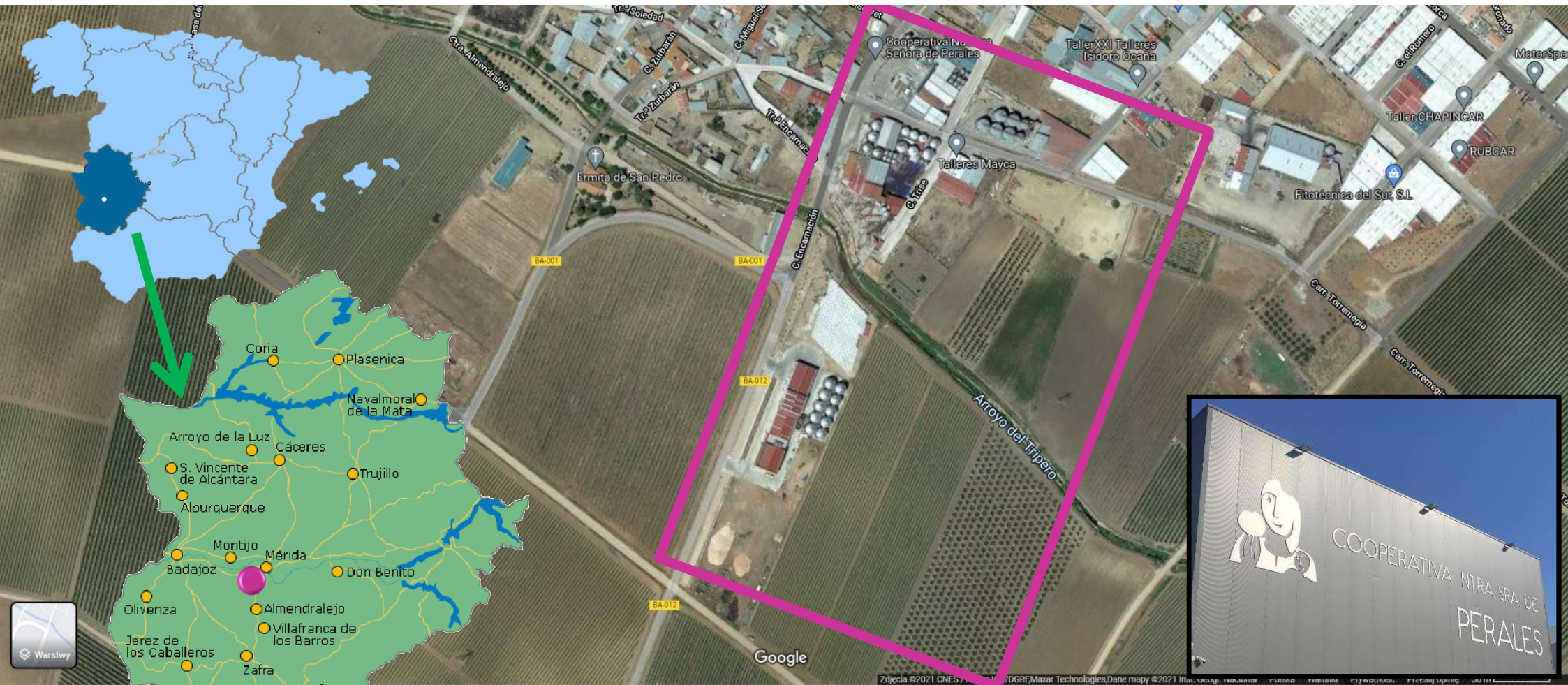
Spanish groves

Spanish province of Jaén is well known for the **biggest olive groves** in the world.

Spain is the country with the **highest number of olive trees** (more than 300 million), and is nowadays the **world's leading olives and olive oil producer and exporter**.



Source: <https://pleadiseecology.wordpress.com/2017/07/08/olive-oil-production-threatened-in-spain-due-to-xylella-fastidiosa/>



OLIVE TOURISM

Cooperativa Nuestra Señora de Perales

IN SPAIN -EXTREMADURA



Cooperativa Nuestra
Señora de Perales

ARROYO DE SAN SERVÁN, EXTREMADURA, SPAIN



Fot. P. Charzyński, M
Świtoniak 11/2021

Cooperativa Nuestra
Señora de Perales

ARROYO DE SAN SERVÁN, EXTREMADURA, SPAIN



Fot. P. Charzyński,
T.J. Novak 11/2021



ARROYO DE SAN SERVÁN, EXTREMADURA, SPAIN

Cooperativa Nuestra
Señora de Perales



ARROYO DE
SAN
SERVÁN,
EXTREMADURA,
SPAIN

Cooperativa Nuestra
Señora de Perales

Fot. P. Charzyński,
11/2021



Olive fermentation
for direct
consumption.
Each tank contains **10**
tonnes of olives.

ARROYO DE SAN SERVÁN, EXTREMADURA, SPAIN

Cooperativa Nuestra
Señora de Perales

Fot. P. Charzyński,
11/2021



**ARROYO DE
SAN
SERVÁN,
EXTREMADURA,
SPAIN**

Cooperativa Nuestra
Señora de Perales

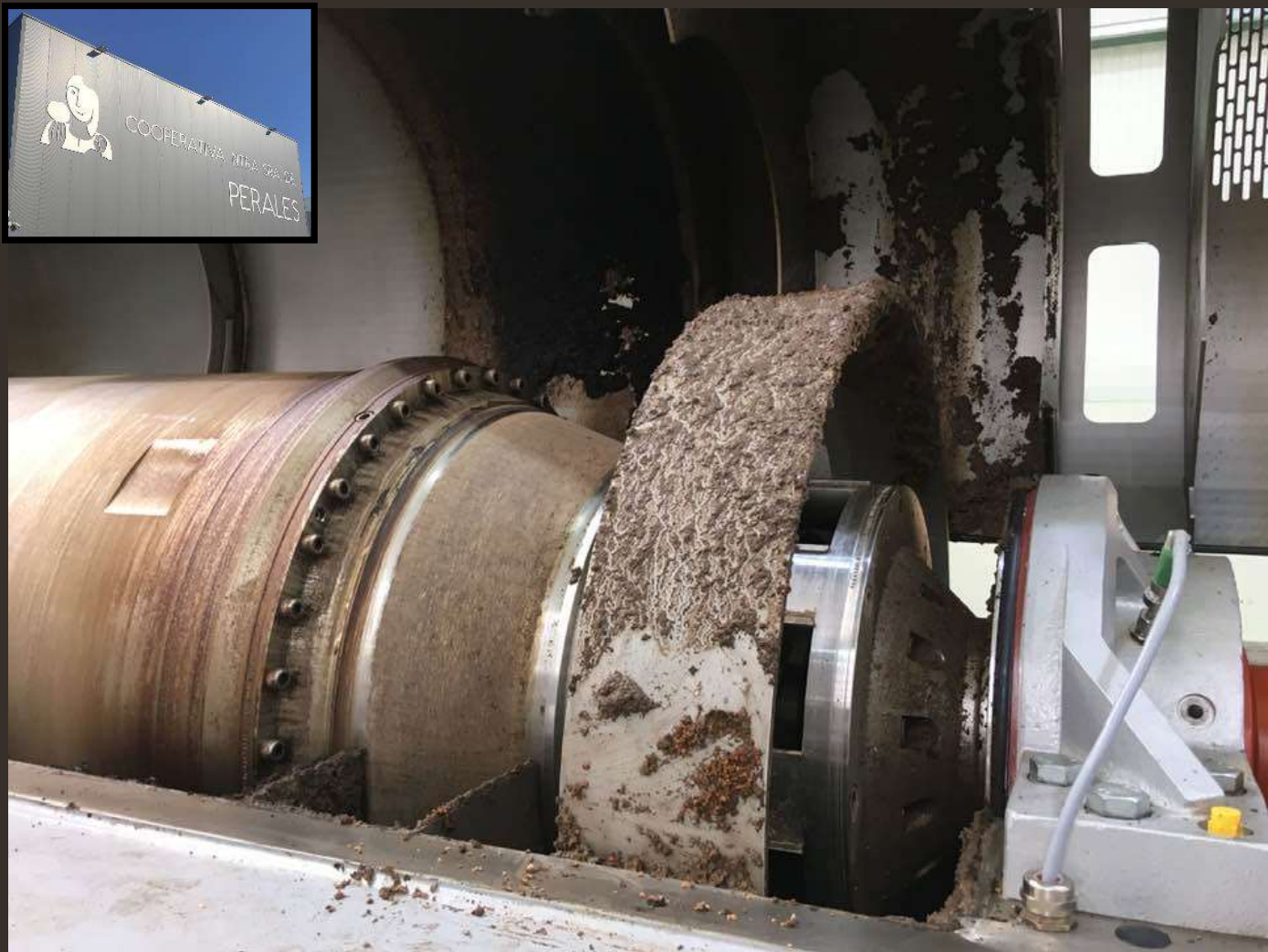




**ARROYO DE
SAN
SERVÁN,
EXTREMADURA,
SPAIN**



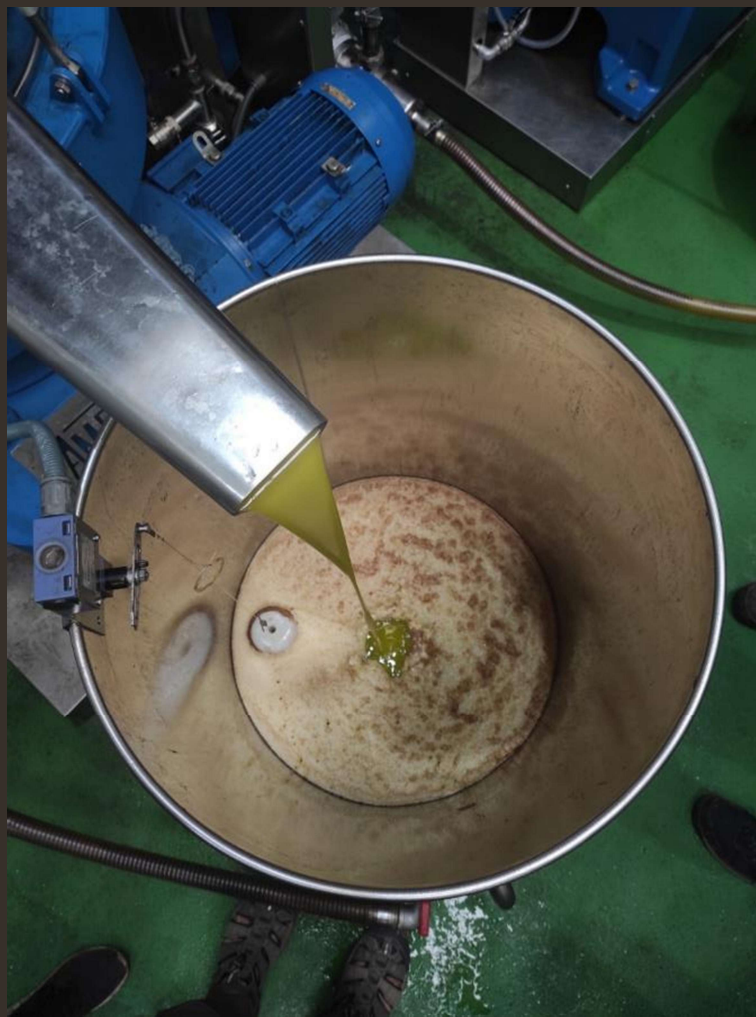
Cooperativa Nuestra
Señora de Perales



ARROYO DE SAN
SERVÁN,
EXTREMADURA, SPAIN

Cooperativa Nuestra
Señora de Perales

Fot. P. Charzyński,
T.J. Novak 11/2021



Fot. P. Charzyński, 11/2021

Cooperativa Nuestra
Señora de Perales

ARROYO DE SAN SERVÁN, EXTREMADURA, SPAIN



SEÑORÍO
DE
PERALES

ACEITE DE
OLIVA
VIRGEN EXTRA
EXTRA VIRGIN OLIVE OIL

SEÑORÍO
DE
PERALES

ACEITE DE
OLIVA
VIRGEN EXTRA
EXTRA VIRGIN OLIVE OIL

GRÁCIL
DE ZALECO

RIERA DEL GORDIANO
ALDEA DE SAN SERVÁN

Fot. P. Charzyński, 11/2021

ARROYO DE SAN SERVÁN, EXTREMADURA, SPAIN

Cooperativa Nuestra
Señora de Perales

OLIVE oil *Tourism* in Greece

For olive oil tourists there are some companies which guide them to all the steps of making olive oil one of these organisations is **Terra Creta** *which organises guided tours every day (in the summer period), located in Kolymvari/Chania/Crete. Tourists have the chance to become an expert in Cretan olive oil culture and taste, after a Terra Creta Olive Oil Experience tour, in our olive mill and bottling unit.*



Source: <https://oddviser.com/greece/crete/olive-oil-experience-tour>

OLIVE oil *Tourism* in Greece

- Located in the heart of Kolymvari region, just 20 minutes drive time from the city of Chania, Terra Creta can give you a total "olive oil experience" at its innovative, state of the art & certified facilities.

From harvesting to production in the olive mill, and from bottling to a guided olive oil tasting, visitors can experience and learn about every aspect of our precious juice of the olive fruit, the quality Cretan olive oil.


- Visitors can purchase high quality Terra Creta olive oil of different labels at the store, along with Greek olives in a variety of travel-safe packaging.




[source:https://chaniavalues.gr/listings/terra-creta](https://chaniavalues.gr/listings/terra-creta)


OLIVE oil *Tourism* in Greece





Cretan
Olive Oil
Tasting
PRO
SEMINAR
by



HOW WE TASTE OLIVE OIL

- 

1. Cleanse your palate with water, apple or plain bread.
2. Put about 15 ml of olive oil in a suitable cup or glass.
- 

3. Hold the cup with one hand, to warm up the sample, and with the other one cover the cup.
- 

4. Swirl the cup or glass slightly in all directions to wet the inner surface with olive oil.
- 

5. Taking deep short breaths, sniff the sample to detect and evaluate the fruitiness, aroma and possible defects, if any.
6. Tip about 3ml of olive oil into your mouth. Take short successive inward breaths through your teeth to distribute the sample throughout the oral cavity.
- 

7. Is it pleasant? Is it fresh? Can you recognise any aroma like herbs, banana, cut grass, almond, artichoke, flowers, citrus, other fruits, etc?
Do you notice any bitterness? Swallow a small amount of the sample to detect possible pungency. Both bitter and pungent are positive and close related with the quality and healthy attributes of a good EVOO.

<https://www.terracreta.gr/default.aspx?lang=en>



Information about the olive variety. Usually given only in higher quality olive oil

When buying olive oil, pay attention to the level of acidity, The smaller the better (usually).

PRIVATE COLLECTION
AZEITE VIRGEM EXTRA | EXTRA VIRGIN OLIVE OIL | COBRANÇOSA & PICUAL
AZEITE 100% NATURAL NÃO FILTRADO | ALL NATURAL -UNFILTERED
EXTRAÍDO A FRIO | COLD EXTRACTION VAL: OUT 2015 / L. CAPC14

Produzido em Propriedade dos Condes de Anadia, a Quinta do Bom Sucesso, cuja tradição remonta ao Século XVIII, o azeite Casa Anadia Private Collection, é o resultado da mais requintada fusão entre as melhores azeitonas das melhores variedades existentes no *terroir*, cuidadosamente seleccionadas para dar origem ao mais nobre azeite da Casa Anadia. Após extração a frio utilizando os melhores métodos, Private Collection, é um azeite verde, com suave amargo e picante.

Azeite de categoria superior obtido directamente de azeitonas, unicamente por processos mecânicos.

Produced on the Property of the Counts of Anadia, the Quinta do Bom Sucesso, with a tradition that dates back to the 17th century, the Casa Anadia Olive Oil Private Collection, is the result of the most exquisite blend of the best olives from the best varieties existing on the *terroir*, carefully selected to create the most noble Casa Anadia olive oil. After cold extraction, using the best methods, Private Collection is a greenly fruity olive oil, bitter and pungent.

Superior category olive oil obtained directly from olives and solely by mechanical means.

Acidez . Acidity	Índice . Value Pérox.	Ceras . Waxes	Absorvências. Absorbance		
Máx. %	(meq O2/Kg)	(mg/Kg)	K232	K270	ΔK
0,2	≤20	≤150	≤2,50	≤0,22	≤0,01

500

Produto de Portugal . Product of Portugal

Very often it is not given, which means that it is close to the maximum allowed. Check in Polish supermarkets. You can post the results of the "investigation" in a post on our group!

MOROCCO
NEAR
ESSOUIRA



references

<https://www.nutritionadvance.com/wp-content/uploads/2017/10/alfonso-olives.>

https://image.ec21.com/image/bentradeusa/oimg_GC08334093_CA08334094/Green-Olives-Arauco-Manzanilla-Picual.

<https://oddiviser.com/greece/crete/olive-oil-experience-tour>

<https://www.nutritionadvance.com/types-of-olive>

<http://www.villacampestri.com/blog/en/olive-oil-production-steps/>

<https://www.olive-oil-benefits.com/cosmetic-uses.html>

<https://www.oliveoiltimes.com/fr/olive-oil-business/global-olive-oil-production-to-dip-in-2018-19/66039>

<http://www.huilerie.com/fabrication-lhuile-dolive>

<http://jUSDolive.fr/les-chiffres-cles-de-la-production-dhuile-dolive/>

<http://om.ciheam.org/om/pdf/a106/00006809.pdf>

<https://www.ft.com/content/b7a0b736-fd01-11e6-8d8e-a5e3738f9ae4>

<http://magazine.6tour.com/en/2017/06/turismo-dell-olio/>

https://www.academia.edu/download/34093229/AS_2014021913560399.pdf

<https://www.chilliczosnekioliwa.pl/2017/11/jak-powstaje-oliwa-z-oliwek-relacja.html>

<https://www.chilliczosnekioliwa.pl/2014/09/toskania-z-wizyta-u-producenta-oliwy.html>

<https://villsy.com/blog/olive-oil-producers-croatia-106/>

references

<https://www.nutritionadvance.com/wp-content/uploads/2017/10/alfonso-olives>.

https://image.ec21.com/image/bentradeusa/oimg_GC08334093_CA08334094/Green-Olives-Arauco-Manzanilla-Picual.

<https://oddviser.com/greece/crete/olive-oil-experience-tour>

<https://www.nutritionadvance.com/types-of-olive>

<http://www.villacampestri.com/blog/en/olive-oil-production-steps/>

<https://www.olive-oil-benefits.com/cosmetic-uses.html>

<https://www.oliveoiltimes.com/fr/olive-oil-business/global-olive-oil-production-to-dip-in-2018-19/66039>

<http://www.huilerie.com/fabrication-lhuile-dolive>

<http://jusdolive.fr/les-chiffres-cles-de-la-production-dhuile-dolive/>

<http://om.ciheam.org/om/pdf/a106/00006809.pdf>

<https://www.ft.com/content/b7a0b736-fd01-11e6-8d8e-a5e3738f9ae4>

<http://magazine.6tour.com/en/2017/06/turismo-dell-olio/>

https://www.academia.edu/download/34093229/AS_2014021913560399.pdf

<https://www.internationaloliveoil.org/olive-world/olive-museums-routes/>