

Things to do with Olive Oil

Assist with Mild Sunburn

Beat equal amounts of olive oil and cold water and apply to the burn.



Soften Skin

Rub a mixture of olive oil and rosemary into the skin before going to bed.



For Shiny Hair

Rub the hair and scalp with a mixture of olive oil, juice of one lemon and an egg yolk.

Wrap the head in a hot towel and leave overnight. Wash out in the morning.

For Tired Travellers

Massage the feet with warm olive oil.



What is Extra Virgin Olive Oil?

The highest quality oil from the finest olives crushed as soon as possible after harvest.

Extra Virgin Olive Oil has perfect aroma and flavour.

Generally produced from first cold pressed fruit.

Free fatty acids expressed as oleic acid is less than 1%.

Best used as a condiment on salads or hot dishes to bring out their full flavour.

Oil facts

Air, light and heat affect olive oil, so you should make sure the bottle is properly closed and stored at room temperature out of direct sunlight.

Olive oil is a natural product, but does not improve with age, unlike wine. It should therefore be used as soon as possible, ideally in the year it was produced. However, depending on the variety, a well preserved oil can last much longer without losing its organoleptic qualities.

An oil's colour does not indicate quality.

Cultivation facts

Between 4 and 5 kilos of olives are needed to produce 1 litre of olive oil. The tree's age affects the quantity, not the quality. An olive tree starts to produce between the ages of 3 and 5 years, and its production starts to decline after 100 years. An olive's colour does not depend on the variety but on ripeness. Olives start green and darken as they ripen. Unripe green olives produce little or no oil.

Regional Farmers Markets where Produce can be purchased

Tatong Market	- 1st Sat of month
Violet Town Market	- 2nd Sat of month
Benalla Market	- 4th Sat of month
Wodonga Farmers Market	- alt. Saturdays 0800-1200

For further Information
visit our website at www.vicolives.com
or email our Secretary
secretary@vicolives.com

Olive Producers (NE Vic)

