



Olives 'The Healthy Oil'

Australians are starting a love affair with the humble olive. We now realize it may be more than coincidence that the population of Crete (Greek isle) have the highest per capita consumption of olive oil and the lowest incidence of heart related disease in the world. As a nation, we have embraced them, planted them, we eat the fruit and use the oil.

Commercial cooking oils have their own classification.

In simple terms:

Olive Oil is good, Virgin Olive Oil is better and Extra Virgin Olive Oil is best.

The terms 'pure' and 'light' are merely marketing ploys.

The pickled fruit is very tasty and popular in salads, on pizzas and served on the 'nibbles' plate.

PARAGON

Excellent nutty flavoured fruit of small to medium size (3.2g). A heavy, mid-season cropper. Tough disease resistant high oil content (23.5%) makes Paragon increasingly important as a commercial olive oil. Vigour of the tree plus flavour and texture of the fruit make it a popular home gardener variety.

MANZANILLO

The most widely planted commercial variety. In Australia it's regarded as the heaviest cropping olive. It has medium sized fruit (4.3g) and very good flesh to pit ratio makes the olive well suited to picking, Manzanillo oil content (20.3%) makes it a dual-purpose olive.

