

17 facts, views and tips on olive oil

Blog post 8.1/13

10. Which criteria should I use when choosing my olive oil?

Olive oil is not wine and gains nothing by storage - you must buy the current vintage. If possible, buy olive oil that was pressed only yesterday. I am aware that such an oil is very difficult to get. The olive oil harvest takes place between September and December depending on the region. If you buy olive oil in 2020, the olives should have been collected in autumn 2019, pressed the same day and bottled immediately. Buy the olive oil from a farm or from a specialist shop. The olive oil must not come from industrial bottlers and must have been produced by artisan producers immediately after the the pressing of the olives. By "immediately" I mean a period of hours. Producers must give an assurance that the olive oil has been produced with their own olives and that neither other olives nor olive oil have been purchased. The food law information on the label "extra virgin", "virgin olive oil" or "extra virgin olive oil" is not sufficient evidence of a good olive oil. Do not buy olive oil with an indication of origin such as "from olives harvested in the EU" or similar. This is a bottler who buys cheap olive oils, adulterates them, puts them into nice bottles with an Italian sounding brand name and advertises his inferior olive oil blend on the label with flowery meaningless advertising phrases.

Please make sure that as few bottles of your oil as possible are produced. Also, producers of the highest quality do not use advertising. Do not buy a 0.5 litre bottle at a price of less than €9. However, since even a high-priced olive oil can be of poor quality, advice and knowledge of the source of supply are very important.

The next part of the blog will be about the shelf life of olive oil.

DO YOU HAVE ANY QUESTIONS, SUGGESTIONS, ADVICE, MESSAGES, PROPOSALS?

PLEASE CONTACT US.

Your Ergin Family

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