



HARVEST DATE

It is important to know the harvest date of your oils to ensure that you are getting the freshest oil available.

Unlike wines that mature and may improve with age, olive oil is more like a fresh juice that should be consumed closer to harvest date for best flavor.

FFA (FREE FATTY ACIDS) – ACIDITY

The lower, the better. The International Olive Council (IOC) requires that the acidity – at the time of press -- be below 0.8% (the level of free fatty acids expressed as a percentage of fatty acids) for the oil to be considered an Extra Virgin Olive Oil (EVOO).

Our oils are all below 0.5 and the lower the FFA, the higher the smoke point of that particular oil.

POLYPHENOLS

The natural antioxidants present in olive oil that contribute to the taste, pungency and resistance to oxidation. The higher the polyphenol counts the longer the oil will retain its flavor and health benefits from antioxidants. Typically polyphenols extend the shelf-life of an oil and those with higher counts will have a “peppery” finish and more bitterness.